The 10 Most Common Addiction Relapse Triggers

Some people believe that addiction relapse is inevitable – but that is absolutely not true. Being aware of these relapse triggers is your first step towards long-term addiction recovery. One of most effective techniques for preventing relapse is to identify your personal relapse triggers and make a detailed plan on how you will manage them. And while some common relapse triggers are obvious - like being around other people who are using - others are less straightforward. Addiction is a sneaky disease, and will try to sneak up on you when you are least expecting it. We have compiled this list of the most common addiction relapse triggers to get you thinking more deeply about how you can avoid triggers and stay solid in your addiction recovery.

Relapse triggers can be broken into a few groups: emotional, mental, environmental, and those that are easily overlooked. Here we have listed the 10 most common relapse triggers and what to do to avoid them.

1. HALT: Hungry, Angry, Lonely, Tired.
The acronym HALT is used to describe high-risk situations for those in recovery. When you are aware of this you can be vigilant in preventing yourself from entering those states. If recovery is your priority, then making sure you avoid becoming too hungry, angry, lonely, or tired will also need to become priorities. This may mean planning meals, sticking to a strict sleep schedule, and attending support groups.

2. Emotions.
Perceived negative emotions often lead people to use drugs or alcohol in the first place and can easily lead a person back to their drug of choice. It is, however, impossible to avoid feeling sad, angry, guilty, or lonely all the time. Experiencing these emotions is normal and an important aspect of recovery (and life) – but they are uncomfortable! Learning how to cope with your emotions as they arise without the use of drugs and alcohol will be essential in early recovery.

3. Stress.
Stress could possibly be the number-one addiction relapse trigger because of its broad range of effects on the mind and body. HALT can lead to stress, as can a thousand other circumstances that will differ for each individual. Losing a job or loved one, increased responsibility at home or work, and health problems can all create increased stress. The key here is being proactive about stress prevention and being mindful (and honest) about what causes stress for you.

4. Over-confidence.
Becoming over-confident in recovery puts you at risk for relapse. Having self-confidence is necessary, but becoming over-confident to the point of complacency crosses a line from healthy confidence to over-confidence and relapse risk. After some time in recovery, as life starts to even out, you may begin to feel like you no longer need to follow your relapse prevention plan. You might think you are strong in your recovery and put yourself in increasingly risky situations – while also no longer working a recovery program. This is a definite recipe for disaster. Stay humble by giving back to others if you can, and always remind yourself that addiction is a chronic disease; no matter how strong you feel you will never be able to have "just one."

5. Mental or physical illness.
Depression, anxiety, and other underlying mental illnesses can trigger drug or alcohol relapse. Physical illness and pain can also put you at risk for relapsing, as your body is stressed. Prescription drugs for mental and physical illnesses can be mind-altering and trigger addiction and addiction relapse. Sharing that you are in recovery with your doctor and being insistent about providing non-addictive prescription drug alternatives is important. Get treatment for any underlying

The Dangers of Hunger,

~~Anger,~~ THIRST
~~Loneliness, and~~ BREATH
~~Tiredness~~ Shelter/Security

The key to maintaining a life in recovery is a combination of self-care and self-awareness. By taking care of ourselves and recognizing certain signs, we can prevent relapse. One of the tools some people use is HALT. This handy acronym reminds us to take a moment (HALT) and ask ourselves if we are feeling Hungry, Angry, Lonely, or Tired. It seems simple enough, but when these basic needs are not met, we are susceptible to self-destructive behaviors including relapse. Fortunately, hunger, anger, loneliness, and tiredness are easy to address and serve as a warning system before things reach a breaking point.

Hunger can be a physical or emotional need. Understanding the need to eat is fairly straightforward. However, we should remind ourselves not just to eat, but to eat well. Meeting nutritional needs allows our bodies to operate to the highest potential, and will keep us feeling better. However, when we HALT and assess our situation, we can describe a hunger for less tangible things such as affection, accomplishment, and understanding.

This is why having a support system is so important. Those who care for and love you will give you food for your heart, and ease the emotional hunger that you're feeling. To ease hunger, do not turn to destructive habits or negative people. This will not fill the physical or emotional emptiness that you're feeling. Instead, find something wholesome to eat with a good friend or loved one.

Anger is a normal, healthy emotion to experience. The important thing is to HALT, and take time to understand what is causing your anger, and know how to properly express it. Perhaps you are angry with a situation, a person, or maybe yourself. It might be one little thing that spins out of control, or an ongoing event. No matter what is bothering you, assess whether or not you can confront what is angering you.

Calmly talk to the person you have an issue with or fix the problem you're having. If what is angering you is out of your control or you aren't ready to confront the issue, try to express yourself in other ways. Exercising, punching a pillow, or even cleaning are active ways to get rid of the excess energy anger brings with it. Creative projects such as painting, singing, or writing might be a better way for you to dispel your anger. Meditation or prayer can be a way to calm yourself anywhere and at any time.

Finally, talking to someone who isn't involved in the situation can be a very useful way to think through your anger. Regardless of how you expel your anger, make sure you acknowledge it and reflect upon its causes so you can then release it in constructive, not destructive, ways.

Loneliness can occur when we are by ourselves or when surrounded by many people. We isolate ourselves when we don't feel like others can understand us, withdrawing into ourselves out of fear or doubt. Being alone is a self-imposed situation. If you're feeling lonely, HALT and ask yourself if you have reached out to anyone lately.

Your support system is there for you when you feel depressed, overwhelmed, or anxious, or if you just someone to talk to. Going to a meeting, calling a friend, or visiting a loved one might be just what you need. You can also simply go out in the world by taking a walk, running errands, or going to a coffee shop. Rather than hiding from everyone and returning to substance abuse, reach out and connect with others who want to see you happy and healthy.

Tiredness takes a toll on our bodies, mind, and spirit. When our days are filled with errands, meetings, and activities it is easy to ignore how tired we become. However, running on low energy compromises our ability to think and our capacity to cope. Taking the time to HALT is particularly important when you're tired. Satisfying the physical need to sleep, rest, and rejuvenate is critical to keeping healthy physically, emotionally, and spiritually. A good night's sleep or a leisurely nap may be all you need to change your outlook for the day.

If your day is particularly hectic, take a short break by listening to music, going for a walk, or simply taking a deep breath. Maybe its been a rough couple of days or week that requires a trip to your favorite park, movie theater, or restaurant. Recharging your body, mind, and spirit will help you get through tough moments and maintain your sobriety.

HALT ..can serve as a reminder to all of us that we need to take care of our basic needs every day. For those recovering from addiction, paying closer attention to your feelings will help you prevent relapse. Take a moment each day to check in with yourself. Ask, "Am I hungry, angry, lonely, or tired?" Honestly assessing how you feel takes only a minute. Doing so will make the everyday stress of life easier to deal with and help you maintain sobriety.

(4/28) beautiful Sunny day, the threat/joy of rain was just a foreplay, great fire tending, allmost forgot how nice it is to pass the time with just warmth/energy/light-flickers/flashes/waves — The fire men came so I put it out this all happened after the Great/whole burning of pork flesh, which sits as residue with banana peal, drift wood and lime/or-lemon?! (forgetting)... Then a nap, many strange dreams, saying #6 (I #7) we were just numbers to them

// Lice/flea (active piperonyl butoxide 4% and Pyrethrum extract (0.33% and pyrethrins) and inactive: benzy alcohol C13-C14 isoparaffin, fragrance polyoxyethylene ...

Salmon — Pork

— (1,1,3,3-tetramethyl butyl) phenyl ether, purified water, Xanthan gum

(4/28) — Just a few drops with some local plant brush and stored in garbage bag was AS EFFECTIVE OR BETTER (efficient) than the washing machine for an old Hobo porn urinated sleeping bag I found after Canada AND THEN "Robert" &/or more likely "Tyler Moore" jacked many things (phone, fish pole, ID), they also helped me stay in eternity ♡ of replay (baby woodrose seeds LSA familiar enlightening) "ALL OVER AGAIN 2" this life & THE END (replay-media) ///

Local flies buzzing during lengthy writing calmed ... 2

— down after saying "Jesus Christ, ye faggots need some attention? Pay me or quiet down for fuck sake" (not coincidence during writing for many things to "Buzz") //

(4/29) OTHER GREAT RECENT INVENTIONS: Jesus never said he would forgive everyone

(4/29) HIGHEST TRUTH / FOLLOW UP LAW OR DIE / SATANISM / ~~EARTH WORSHIP~~

(see New Test: Goats & Sheep on either side

FOLLOW UP LAWS OR DIE

// ~~Sitting~~ laying beside the burnt pork after rebuilding spider home (Sun spider) I laid to test during yesterdays burn (after

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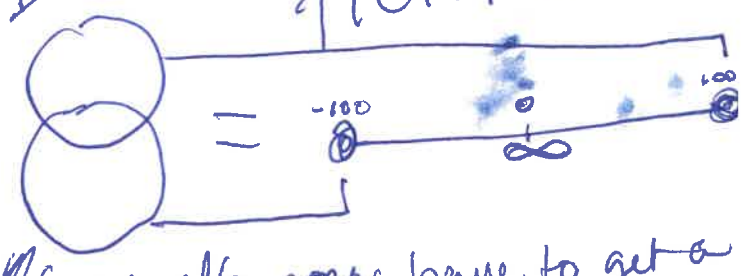
clearing the area, I made the edit (earth worship can be dark & shadowy unlike the Sun BUT it does not equate to Satanism/selfish/self-worship of utmost downward behavior (infinite limits are still readily understood/identified/defined

of Self: The Spectrum of Complete Selfishness & Selfless Complete

BIGGER PICTURE



// Guess I'm gonna have to get a Pigs heart (doing stretches) — 4/29 · 4

SNAPPING ***involves snapping a rubber band on your wrist.*** Wear a loose rubber band on your wrist. Whenever you have thoughts about drinking or using, snap the rubber band and say "NO!" Then, switch your thinking to healthy thoughts.

You can promote **RELAXATION** ***using a number of different techniques.*** Physical signs of craving can include feelings of emptiness and cramping in the stomach, sweaty palms, and irritability. If you relax your body, you can stop these feelings and clear away thoughts about drinking or using. One way to relax is to breathe deeply and tighten your muscles, and then relax the muscles as you exhale slowly. Do this with each set of muscles until you've relaxed your whole body. There are also other methods of relaxation, such as yoga or meditation, that you can learn to help you combat cravings.

Please answer the following questions about this example about Joe: Joe recently stopped drinking alcohol and using other drugs. A good friend who hadn't seen him in a while invited him to a party one weekend. Because he had been busy, Joe was unaware of how nervous he felt getting ready for the party. At the party, he saw familiar faces in the crowd. There were loud music and low lights, and some people were smoking pot. Joe's heart began to race, his palms got sweaty, and he felt nervous.

1. What might be some of Joe's triggers?

_____

_____

_____

2. Why wasn't Joe aware of his triggers?

_____

_____

_____

3. What would you tell Joe to do in this situation?

_____

_____

_____

4. What would you tell Joe to do to prevent this situation?

_____

_____

_____

- cause you fucks blew out my heart and it aches uncontrollably

Strange ~~End Game~~ ULTIMATE upgrade Script instead? ▀ STOP DISID ☠ we go ↑→↗

Keywords: Pig hearts, extending harvesting life procedures, heart health, (~~global~~/planetary), Biological contaminants (Getting Really GOOD @ SCRIPT Making cities CLEAN/SAFE for elderly and Vulnerable), Framing People, Leave No Trace (close AND cigar) REPUBLIC (replay media), THE GOOD MUST BE KNOWN & [Equal] Following Orders, AGREED UPON = Unanimous vote/opinion, Caste system

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Who did heart donation for Spirit Airlines?

Who is still using type of Reason/ Excuse not to donate?

The Body, some use organ donation/ the Body is some modern Animals: Some use in the Wild, some are organ donation (or not?) Different people

Pigeon 3.0 Experiment Project The Monroe/AKA Pigeon Drawing Tom (Human bound Tom) Hungry Tradecraft from Canada

1 Canada ?, 120 + 20 coop conditions

0.00001% of the smallest organ becomes MASSIVE

L: 4/29

Nothing to see, but the Blue Blue! /blue-see/ Aqua?!!

Many birds of many sizes out and about around, DON'T EAT ME, IM NOT YET DEAD!!!

It up people need some Physically effective Please duty Wood/steel from a hundred meanings - most Attending/Staffing/observing recently Assessing we are upon distance/Rollout Speak - Fast MC - BE TANKS PA Rollout - USE PEEP Eyelids for ACE - START FANTASMIC

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48-72+ hr poop timelapse to see fly spawning under differing amounts/depths of

STAR PIGS UNITE after nuking Canada & feeling bad

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6.2

- Don't extort people. If you cant organize a team of authentic trainers, without guilting and shaming them, then don't invite people and say your gonna feed
- Being able to talk about story ideas
  - Prophets harvested and adenced, merging two brains
- Rabbits nightmares from truth
  - His channeling with his sister Isabel to discover a murder in the house
    - His mom was a... had a job, meth head idk
  - Last name German for black
    - The black forest
    - Talking about Alister Crowley jacking off on a haunted house wall s each 77 times to enlice spirits and his nightmares of a black hou se with satin red bed sheets, a picture of him with a bowl of blood
  - Asking him if turtle was a ste... brother/hood and he said just to ask him to show me his horns
    - My image in high school self portrait, jumping, throwing horns

  - He said he didn't want to be a slave
  - Didn't know he was joining a commune
  - I agree, which, the slave joke was explained but also had the exact same experiences at a commune and elsewhere
  -

They broadcast memes, gifs songs and video clips at a frequency not detectible by our typically conscious mind

- Just like the advertisement agencies have and continue to do
- But this is on a wave length, they have discovered, transferable by radio, and only perceivable at the neon/black light / psychedelic active imagination overlay.
-

The social engineers

- The men and their businesses, brotherhoods and sisterhood factions
- The angels
  - Always social engineering interactions and whole storylines
- The demons
  - What purpose due such evils serve in a heaven of light?
  - They serve as indicators how far mama spirit has descended into a primal nature and dizzying inability to locate / coordinate himself in a logical manner it of his head. Like a child who screams and smashes things because they cannot figure it out, and know someone will it they smash hard enough

Remembering Enk talking about how mad Mike with the eye from ms13 eye hit by canister San Francisco prison, killed his sisters husband for raping his niece

By word of his sister...

Who now manages his million dollar settlement. For losing his eye, in a prison riot.. He was actually "looking foward to free food and a meal" for a 25 to life sentence

And he sat with me and Isabel in the graveyard

And he reminded me of my papa, fat, slow crippled walk, loud sloppy speech,

And tink, her suspicious

involvement and strange stories and avoidances during miles and my encounter

Miles working for Tracy on the suspicion that the two are constantly working against each other. CIA and fbi? Lol idk...

Lol

And who was the one who first started talking about "Mormon Illuminati" I think turtle agreeing with idk who . but rabbit was definitely interested in the topic and also

And the upside down star under a flying eagle over a main boulevard . as well as in Ashlands own cemetery...

Find a spell to correct the corrupt justice system.

Chef boyardSD bout to make it rain and snow, the eye of the hurricane. When fighting boots come, just stay in love and light, they weren't made for the family.

- If money could have done it they would
- Read the bible, eat the bible, be the bible
- Magic is real magic is faith, 3,6,9 spinning and wind gust. Dad starts barking at him, very loud and yelling all the time ..
- Your missing the point, love is the best magic I don't say anything, pack up and leave to sit beneath the flowers. Come back with a stronger wind blowing me along and an expression of impression. the heart spoke and I was, but no longer misunderstood.

Last unsent FB message

- But being enslaved to the mind is totally a thing too, psychedelic rehab, self health and karma sutra will help the mentally enslaved regain touch with their body. Some people are done mentally enslaved they are Penis stuck in root or sex chakra, some unable to enjoy it and others enjoy it more than itself. Strange as that is the catalyst for the connection human to become the authentic caring
- Ryder talking about why chaos magic is effective against the ability of programmers/mind controllers to control.
  - Education on when we actually accept a form of mind control, servitude. Not all mind control is evil, unless the servant has no other choice and does not want it.. thinking about how giving people simple advice is a

form of mind control, but to help people move beyond superficial forms to the most fearful or scary forms. Now it might be difficult to prove that some people are only acting by the commands of others And this is a gift from god? Or a glitch in a society that has traveled far from it's path, towards Peace/heaven on earth

- Back to the riddle on knowledge
  - With out knowledge,

how could the people know if Joseph was speaking truth from god or the serpent

- Many Babylonian king s and modern institutions clad mind and continue to claim their right to advise and enslave. As the oldest tablets explain humans are made to be the gods servants. But who are the gods?
  - Joseph through history
    - Dreamer, Jesus father,

Joseph, prophet, chief, Stalin,

07.26.21

- Karma sutra
- Sex 9 times a day
- Men enslaved to the mind
- Need to learn how to feel the [illegible] again
- The stone heart
- Will turn gold
- In an age of enlightenment
- While others enslaved to the body
- Need to learn the importance of the mind
- Even if they don't want it?
-

Her name stands for idol

Some think that means evil

She told me it stood for perfection

A religious man

Who names his daughter idol

How interesting

She saw her dad's face in the sun

But she wanted it to go away

Smoke gets it

Down the mountain she went

Fire flies glowing

On finger tips

To a land of animals

This morning, Gabriel told me about how sativa would rather kill the plants then cure them. He also talked about how it was no big deal about my thing, because her boyfriend is wanted everywhere on guns and drugs charges And also, he is from Rio de Janeiro and has many very gangster friends who do things with meaning, and have a good heart.

- He also said, thank God I did not come last week after she told him she did not need him. And I thought, wow.

Moised came up wielding an axe, I told him of my commune experience seeing a there's Johnny Image, he told me there was two cougars chasing a bear.

I told him animals scare me way less. he said he could take a man easily. But I said an animal is natural and most men are motivated by unnatural reasons programmed by other men

- I also told him about the guy looking for his daughter, but who I couldn't take seriously because he was just getting high.
  - A father looking for his daughter but just getting high?
    - Kind a like what peo

ple might think of me. of it was n't also ady obvious enough

07.24.21

- Most people think that they Just sit around and do drugs all day
  - We can lay around all day
  - Excersize will help with general increase all areas
- BREAKING the AIRWAVES
- Grammar Nazis
  - Missing the point of communication
  - How to reduce redundancies
- Akashic, records, libraries, compilers, programs, meta-individual and collective grids
- Child and adult reporter program
  - THE MYTHICAL STAGE OF DEVELOPMENT
  - DREAMS AT 3, concrete , AND PRE FORMAL at 7
  - FBI forwarding emotional, holistic and balanced critical thinking skills
- Content forms for government
- Right to record others in public no need for release forms if it's all open profit
  - Building the collective trust
- AWKWORD
- FANTASY BRAIN RPG
- Code breaking
- Just like
- Saturn's return, the end of self consciousness, adults + in no shape, full understanding acceptance yet commitment to cooperation
- She said "I guess I like missionary"
- WEIRDOS
- DRAMA CLUB
  - NO DRAMA ALLOWED

American beauty channeling

- They really got the right actor, like good

You know why Timothy Leary said to never trust

a meal IS VERY AFFORD-
ABLE
(REAL ALIEN SAVER GANG STALKER)

// after closing time nearby musicians sing & collaborate (free flow is ALWAYS? based on prior knowledge/loves/readings

not yet alien Tech Pre-release?

[DO ORIGINAL CHANNELINGS /RECEPTIONS/TRANSMISSIONS EXIST?

they improperly Reverse Technical alien Devices to build others

claim is based on "Stats of War" & other proven considered Nightmare Weapons

// BUT MOSTLY MY LACK OF COMPLETE AND UTTER AUTHORITY (see pp in channel @ this time, here)

(4/25 before meal) just after meal

† Jesus was just a cigarette

- cause we today have hard time accepting the TRUTH

OF THESE † murder genocide — BYSTANDER CASUALTIES

AFTER SSB WARNING

SEXIST DIPSHIT MEN DESIGN FLAW

(=yeah, she likes it!) notifications sent MISSION DONE

(4/25 Fri): Yesterday, the day of Smelling & Tasting cowshit (kinda like being on a mismanaged farm)

// Yes, yes, WITHOUT PEER REVIEW (FREE SPEECH Canned Text) you can all be classified as schizophrenic // other

These White People are all waking up to the fact that they're all retarded racists

Idk, just some slave commands I'll respond to — cause I'm the Real Slave (spiritual not sexualized as much or as by father — the Real satanic Pedo Bear Daryl Stuttpatt

you're really doing your recovery to please your spouse or your work. Play the tape through. Remind yourself of the negative consequences you've already suffered, and the potential consequences that lie around the corner if you relapse again. If you could control your use, you would have done it by now.

Tell someone that you're having urges to use. Call a friend, a support, or someone in recovery. Share with them what you're going through. The magic of sharing is that the minute you start to talk about what you're thinking and feeling, your urges begin to disappear. They don't seem quite as big and you don't feel as alone.

Distract yourself. When you think about using, do something to occupy yourself. Call a friend. Go to a meeting. Get up and go for a walk. If you just sit there with your urge and don't do anything, you're giving your mental relapse room to grow.

Wait for 30 minutes. Most urges usually last for less than 15 to 30 minutes. When you're in an urge, it feels like an eternity. But if you can keep yourself busy and do the things you're supposed to do, it'll quickly be gone.

Do your recovery one day at a time. Don't think about whether you can stay abstinent forever. That's a paralyzing thought. It's overwhelming even for people who've been in recovery for a long time.

One day at a time, means you should match your goals to your emotional strength. When you feel strong and you're motivated to not use, then tell yourself that you won't use for the next week or the next month. But when you're struggling and having lots of urges, and those times will happen often, tell yourself that you won't use for today or for the next 30 minutes. Do your recovery in bite-sized chunks and don't sabotage yourself by thinking too far ahead.

Make relaxation part of your recovery. Relaxation is an important part of relapse prevention, because when you're tense you tend to do what's familiar and wrong, instead of what's new and right. When you're tense you tend to repeat the same mistakes you made before. When you're relaxed you are more open to change.
(Reference: www.AddictionsAndRecovery.org)

Physical Relapse

Once you start thinking about relapse, if you don't use some of the techniques mentioned above, it doesn't take long to go from there to physical relapse: going to get a drink; calling your dealer for example for opioids, cocaine, or marijuana.

It's hard to stop the process of relapse at that point. That's not where you should focus your efforts in recovery. That's achieving abstinence through brute force. But it is not recovery. If you recognize the early warning signs of relapse, and understand the symptoms of post-acute withdrawal, you'll be able to catch yourself before it's too late.

References

1) The stages of relapse were first described by Terence Gorski. Gorski, T., & Miller, M., *Staying Sober: A Guide for Relapse Prevention*: Independence Press, 1986.

THE BEST FATHER sob:) (4/26)

1. was not ugly or offensive, or weak and strangely composed/postured/put-together BUT a Genius Agent @ self preservation/ [illegible] (if too good looking much more war/assassinations) (could have stolen all women/children/mothers/sisters BUT WANTED TO SURVIVE (more than sex: its hierchical)
2. Listens to whole sermon, only cares about the lack of knowledge about telling difference of Tree & Bushes
3. ∞ "excuses" → ALL/WHOLE
4. Government stole ALL/WHOLE FOUNDATION (for up to Millions plus more children which were un- 4/26 3

-consensually spawned and mal-nourished/mal-trained (TRILLION $ $ (1,000,000,000,000 $ $ $:)

5. only seems to smoke, piss, and talk/produce Shit, but blames observers (the many nontransparent & closeted gays:) (4/2…
6. infinite more "excuses" which may never be known, cause AI ruined science, healthcare and all attempts to know or Trust Truth (implanted memories/devices & videos/records
7. (HOW CAN SCIENTIST EVER REALLY KNOW IT IS HIS/HER/THEIR WORK AND NOT pre-program or corrupt Team/authority/boss/government which can seed/adulter any garden or Laboratory)

4/26 4 $

laid out clothes SUN/[illegible] (lice) after soak in garbage bag w/ lice Treatment shampoo ate BIG whole foods can diet (Garbanzo, peas, carrots, tomato (4 cans)) hallucinated (Brief light imprint) of cow followed ~~[illegible]~~ small amount of Beef ~2-3 servings (yummy Teriyaki Sauce & 4 g Sugar per serving) Thanks to church cupboard & /// Publish "back stab/pain case study" /// ~~but~~

(4/27) Development of "Get a JOB" (retard anti-humanist hater → switched to Biblical JOB

5

(4/27) evolved to, today: SO MANY MONKEYS! [CAN ONE OF YE BRING ME A BEER?] GET A CREATIVE PASSION YOU MONKEYS! /// made way back to le Border between 2 Retarded Countyes who dont know how to share /// criticism begins, against all insults as literally programming more Retardation... (does S.P. Spawn more Retards, while enlightening a few?) ///

(☐ ID check: Turquoise? TOP butt (bottom and rest of body black) lays very flat, size of pinky knuckle (lives in my small, fallen, wind shelter (see ~ Done) /// IS NUTRITION NOT MENTIONED IN "The Art of War" ~ & "The Art of Peace"? porch, amongst the fallen (pushed over (leave no trace, kinda)

6

9.1

201pm

A 3 month rush

And the American spirit

Find in the withdrawing state

Or that if a man who needs nothing more

Than his

Woman

backpack

Gun

Tablet

What else is their to fight for

Revolutionary spirit

Generally upset at the idea that people like to and want to stomp on other people's rights

Like the police and generally other people

Power problems

Neighbors

Children expressing the problem and embedded in themselves in an internal class warfare

Where children are p zone

...<

21

04/24

A slow and sad realization

About the onset of hormones/horniness*

From trying to making a baby

3-5,6,7 times in one day

But the like any addiction

The bed to increase its frequency

, and the subsequent new need to try something new, different, more. In order to achieve the same effect..

#fiftyshadesofgreyculture

#bdsm

#theepsteineffect

Or am I just not interested, in a girl who likes it so tough, is it even natural to want her to submit or to expect that she has changed from her past ways.

Now I feel like I can relate to more women, than to men, for typically this would seem an issue of the man.

To increase in effect.

So choking, it has a strange effect. Someone's I really like it.

I think she has the sexual effect or fantasy of being raped

What is the psychology of this?

And for its infection onto the man.

An underlying

But maybe rare

Effect of our culture

Where the women themselves

Control the sexual timidity or rage

Of the whole group Of men

And it is women, and men both, who are behind the madness. The women's effect is only seen after...

Blood sex magic. Sex magic.

Locking/Licking* tongues

The sexual world is only fun for so long

I am not that interested in it except to make the baby

Because after awhile it starts to breed a sick jealousy in the thoughts of her past introduction to this matter, and in combination with my incessant desire and ticking tingling at the tip of my penis, I become disgusted with myself

But I also like it if she likes it.

And in my dream last night I told her I knew

And I knew there would be multiple things She would never tell me

And her Joking of being on a TV show

And the fear some beings have, of being§ seen

True ghost busters, shining a light on the real ghost/hosts of taboo discussed/disgust at

1

mass heart decay

Accountability

To count the pills

A gift from someone else

I have yet to use and am suspicious of their true structure, for the simple way they were given to her. So much too, for free? Strange

Written because of doubts

Because one love making section

Marks on her face

She'll be the one to kill me

My false ego

Felt like I was tripping

Just subtlety

And the effect mushrooms might have

On a psychopath or sociopath

You'd think they wouldn't be interested in the subject matter

You'd think it might cresse a shadow or real conscience for them

But if the self consciousness never existed

How could they really ever fear?

The effects of fatherlessness

Never being fully grounded in the body through discipline or a longer trusting relationship

706am

Just realizing that I know it's something I don't really want, is a big step

Due to me knowing it's full effect.

These are things worth going to therapy for, and maybe that's why she's so good at staying detached, what simple keys did they teach her already compassionate mind

And thinking I would need some

To deal with my growing interest in different sex acts as well as the world situation at a large

Remembering

721am

Wow what a big accomplishment for cc

To realize or focus on the sex addiction

Inherent in the creation of so many things

And my general distaste maybe

Maybe only for its incorrect use

And idea that infidelity

But I'm starting to think

Some women like being wiped

Because they're never in their body

And floating around all day like a dirty bumblebee lost in its task

To bring honey home

2

15

THEY received MY PETITION (Emerg. Backup systems) SO they have had time to provide alt. options INSTEAD of health-care crimes (also see wrongful Death complaint SJB)

1 Nuke to wage all other countries against internal devices / uncontensual $, unhealthy / deadlier than 1 single NUKE for Surrey / Vancouver area

Pondering wit Dennis n friends (and his nanas)

4/26

why would you keep forgetting that you go to Heaven? (checks and balances) = Probably to keep ye good ;) // Jim having too many heads (when not United) // Why didn't they wish me to speak @ the Last Unitarian Service I attended? // SR: We don't know if your daughter will fall back [on ever was] in love with you "such it" OR (or in cursive is or) SR: That's what we wanna hear, the father job is just to teach / provide [hunt / gather] Together: and sometimes the best thing a father can give teach / provide TRUE LOVE 4/26

4/26

Hint (Trump the same call logic does below a nuclear code) ANTHRAX DIPHTHERIA Bubonic Plague

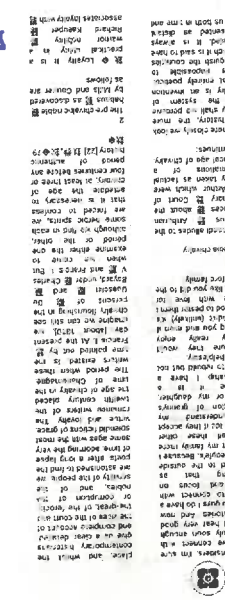
I am going to Blame Capitalism (Sound Systems) (4/26)

Canada Commits Healthcare War Crimes (or a greater scale than 1 Nuke - UN Must Give Nations to NOT Give Who unprecedented authority the illegal Human Expressions 4/26

4/26 12:27 out of Cedar

Must have to be UNITED in this struggle

To End THE SCHISM of the Churches



12:30 watch Parks from Cold to Cedar Grove Funeral Home 1230 Meeting

good
Mostly 2, maybe 1 meal a day
She's getting better.

I was feeding furi when I saw her too
Out of fear for the
For the fractal problem of Neglect and hunger

Self care measures
Actually

Being rushed by someone she
Like Liam cry
Or her watching me
And my nails
Lack of breath
Causes me to just man hostile
Something like folding a raised cat
Now she thinks I need an explanation
For if the table doesn't fold open
A small velcro strap

She thinks men are idiots?
She laughed only being around such
Wow
I have really reduced myself
To living out the projections
Of poverty people
Both in material and spirit
Many having material in my home region, just leaving spirit
Few but there are some, who have the poverty of material and the full spirit to help change the world, because without the material, it is in fact very difficult to develop a higher working memory/ attention span
Potentially
Maybe though
I will succeed in understanding a new form
Of chaotic logic
By my nutritional deficit.

610pm
Back full circle
Full loop
To her peeing on me
During sex
Me Smelling like pee all day

Wow how sad
I don't believe in the loyal woman
Could see my mom cheating on my dad
Any girl on me
It's not the possession of her I need
But the deceit that comes with such a thing
I'd rather it be something you could talk about, and one partner could feel neglected by your choice substance addiction.
Fluctuates
Cool, great, she might look for that based on her mom's programming her
Ugh her family complex
ecclesity seems really gross to me but just sad
Maybe I try to make it seem gross by having a hard time having sympathy for a girl that if she did have a sex addiction beyond her own control was raped in childhood likely?
And to be such in appreciation like animal

state
How can girls like that ugh
50 shades of Grey shit
Amoral, atypical Girls are running/raving the world Tesla was right. They speak through one common unconscious channel that itself does not trust the man
How have not all the mothers just started a foundation.
This trust issue. Is embedded in our very genetics?
To ensure an evolutionary advantage?
To distrust?
When is it important to distrust?
When the world has toppled sideways?
Or before it? So that it doesn't have to.

635am
Discarded fb post:

Barrett.medsim@gmail.com is filled up
Let's cut the shit
Jon emnily
666bare.it@gmail.com

Re Industrial manifesto attachment coming soon
The real fake news terror media is my ex wife
I'm starting a ministry to train other ministers soon.
I think my stats are better than Joseph Smith
I actually worked for the city as a inmates recorder
And was given the responsibility to accurately perceive and transcribe
I record things
I don't need to be trusted or doubted,

Someone else asked me why I didn't just go back to Eden

That was after a 50 cal helicopter landed after firing a few shots at the door, I grabbed my gun, missing from my pack but still nearby and was left alone...

I was in an arc building
Rebecca told me how it had the biggest bathrooms

Then I just lost interest in her completely. She was confident with old friends and Chris and I was ready to return to something else after being bamboozled/ handpecked by love once again

She said she thought about the last conversation I had drunk
Even though I claimed to never do anything bad
Talking about her liking to be fucked hard
Maybe by other people

"Let's do some sketchy shit" cycles said
A whole suicidal family that hurts itself and others.
A family of leeches. a prophecy from ch. d his
The mouse must live in the battery case..
It's noise distracting me..

Children living with a dad who leaves his gun out. Already not faced ..

She knew I gained

Joyces trust, by her being able to explain the dream..
But as not real And what is real. we must prepare for.
Her recent fear of clowns and a bear eating people nightmares..

552am
The getting fucked hard
Dissonance
Bdsm culture sits on top of the world's slaves
Unconsciously? laughing it away

What did she do with Chris that night?
She said she'd marry me?

Why don't I trust her fidelity
S. Her past My own paranoia
Why does this matter to me
S. I think of she's not going to help with my art, and be deceitful, what is the point. Sex can be good With even everyone

Oh from the mean reason I was going to write this

Made a joke that at least now if she ever cheated on me I could tell just by Smelling
And my penis did rich that day
Still I didn't go with gennarose to get it checked

What a co-toan world
I hope she didn't
And this is all so meaningless
In the grand scheme.
My tiny interpersonal

drama
Distracts me from the greater picture.
I just want someone loyal
How can I trust Rebecca with the status of her kids.
Sure her words are great, as what she wants to do

Paranoid she changes her diet to fit my moral code
Kyle was only paranoid when she broke up with him
No she actually said he was always paranoid of that.

Still I asked why she had to sneak around
And wonder why she was interested in 2 guys. Neither
Well, she wanted to be taken care of.
Thought the brother would.
Made a baby.
Failed...
As he went to the hospital
For a seizure as well
Related to alcohol or dope

She sat with her grandma And bonded over
Accepting he might choose to die his current lifestyle

And me
A whole other spectrum of victim/evil symptoms just from a flight or flight state of panic not eating a lot of food makes it a bit easier, sorry kids)
I haven't even listened to myself on the matter
She doesn't feed them

in fact probably, for my daughter and rage at a machine that lets her disappear from the father's eyes. Not only letting it but tacitly bystander supporting it and the kidnapping abuse of all children refugees over the world
Blah blah blah, no one cares
Except about foreskins on Oprah's face and bill gates semen in vaccines

20220518
932pm
Never believing she kids
It's kinda like

Not a fun thing to question
That they're actually following someone else's directions

0401
Got the trailer stuck
Twice

First time met the people I was up the street blocking the way, only took about 10 minutes for Rebecca (one being with Eric)
After I told Eric the pictures had a drive easy
He said "it's all Leo's, fats and chadelons"
Smiling
East coast jersey accent
Gave me some numbers

8325
Liam the terrorist
A whole family of terrorists
My own cries
There's
He woke up yelling to his mom for using his own
Ownership issuess, he won't eat or go to the bathroom or get water,

just wake up yelling and touching his peepee.

I'm trying to understand
That human nature
Or the conditioned culture implant
I now have to remove
His poor siblings and silly games they play with each other
That's mine, scream, fist, etc.

Possession issues
Him probably being hungry
Ish why a being would wake up crying like that
Wah no reason
I can't take it seriously
And the yelling at such a time
Make it so I can't actually help him
And a lot of the time
He won't let me
Or his siblings
Only mom

It's something I've noticed
And which usually doesn't happen when she's aware and moving around
But this morning we already made breakfast before the kids woke and he woke upset

I made... a few short sips of the matter
Which made the siblings laugh
Ah how helpless he is
And underlying to let anyone help
Even his mom when he does gather

0323
2251

931am
Field trip ideas
1. Crater lake
2. Walmart for phone?
Other things in Medford like propane f.e.

3 Connor

0321
Had a dream I beat the shit out of Chris last night
Bloodied eye
Rescue laughed at me
Sex 6 times 30 minutes longer, guess he's the one. (Is. isn't that me, though? Strange thing to use as an excuse Still my dream world wants to build my anger today?
But after seeing the whole dream and already accepting her rejection, my own freedom, right now I am not that angry. I just hope she would

I came to see it as me needing to go through the end thing where he had other Rebecca taken by his friend Joseph
My Rebecca was laughing at me
S. I reneged how she said something like laughs when they do something bad I also questioned her responses to begin when she's annoyed "where's my laptop?" "Up your bum" she hooked multiple times.
Also I laughed when Liam through something after being told not to and already being Spanked.
S2. She said it was cute, my next comparison to my mom. That my mom would laugh when the kids were about to get in trouble by dad for being too loud or disrespectful to mom.

old and destructive lifestyles and narrow pinhole imaginations.

0809
1380m
Experiencing the joy of tobacco
In a state of hungerlessness or refusal
Depression is real, of the lungs it does steal
Tobacco has spirit

Conversation today on the passion to protect my child more than allow the generational trauma from another family affect it.
Jaden violence and sweet flashing to Jaden lives all around.
Even right has some bad habits but is usually expected to not give to Still drawings on the face, poop fights and 2 days in a row of them putting it on Liam.

Liams runtness and power control taking precedence over him listening to simple directions and assistance from outside mother, mostly resolved but still comes back up every now and then
She said she was over that style of punishment.
I said it was over her children's behavior and did not consent to a child raised in the family like Liam or other.
Resolving the Storyline tension of pushing her the fat we found out because I wanted to spank rylan...
The lack of me wanting to be around kids I won't trust around my child and

desire for their father to show interest in his creations. I love them but as a father don't understand another one's lack of interest in the most important thing.
Still I want to step as many children as possible, I don't have the space yet and don't want to be distracted or pulled into heartless programs.

142am
Cc "I'm Tired of child slavery. I want floating cities" full blueprint design and cost analysis

150pm
Recognizing the power of Fantasy and my own addiction in my mind, imagining is external effect, such as the whistleblower post and last night's rag against judges "the hammer is supposed to be used for building houses"

236pm
"Head like a crescent moon"
Because I couldn't sleep on my mother's belly/side/chest
Thinking that created my right brain growth as well as unique detachment complex.
Oh what great stones to make on feel like
Like the idea there might be a reason for my own emotions

Thinking Liams difficulty to go through the detachment period is more of one based on power
But the truth of babies and wanting to be right next to their bed friend

vs learning they're okay to explore in a vicinity nearby and not always be stuck to the hip

The relation of llama moaning and my frustration at his lack of waking up or using words as a reflection of me myself
Just use your words ask nicely and they will help
Well actually I don't believe that with reference to my own experience and my fb posts/ tones for help

So diffusen turning myself from Liam
Not all my writing are about myself
I don't identify with that
Or the form of love Jaden promotes
"How can I help you mom."
"Not. I love you, without help or listening, that's not love, that's empty, that's self love"
Don't worry, you're gonna graduate love school

357pm
The phone got water damage sitting in the pocket next to open window on rainy day, so that's why I'm using this phone.

I literally sat in my tent and just laughed to myself after making those Facebook posts.
And then that morning Becca got state assistance. So I felt even more relief.
Still I recognize my cries to the external world are

838am
Australian myth research and encoded creation

Namamboja, after breaking incest laws, was transformed into Ginga, the great saltwater crocodile. Part of the Aboriginal Rock Art in the Anbangbang Shelter at Burrunggal (previously called Nourlangie Rock), Kakadu National Park, Australian Northern Territory

Is Australian Aboriginal mythology specifically of the Kunwinjku people of Central Arnhem Land in Maningrida, Australia a 男孩 who created humans. He found the first aboriginal beings. Nala maramiya, on one side of a 男孩, they were fused together and he separated them with a knife and cut holes for their mouths, ears and noses, then gave them the knife, spear, shield, fire, boomerang and the 加瑞格 and lastly gave them a system of marriage.[1][2]

1026am
How could he not know I had a daughter..
I posted so many pictures and video
I have a whole album
There's not even that many photos of her
I have a whole folder of him

...I just don't look at it... It

must be on my tablet.
Why would I want to remind myself of heartbreak
Is it supposed to motivate me, to look at pictures of family often?

1027am
The arch
Educature storyline
My reptilian origins
Chicken born without egg
Mammmal without mothers love
Sleeping alone eternal abandonment nightmares
Crescent shaped head, deformities, can't sleep on back, side
Lack of empathy
May never bonded with family
What evidence that confirms that one still exists?
Of the families for proximity

Providing a reflective medium for judgements and self reflection to the majority of society
Including the most drastic and heart wrenching, teeth grinding, rage caging trigger beliefs

1030am
Made a lot of cards today
Realize I can release an edition once a season, or quarterly
And providing a new reading of the stars/ Astrology synthesis a spirit science.

1132am
https://saveshecorals.club/endocrine-disruptors-oxybenzone-magazine-part-2

0610

510am Discarded fb post with recent "school sux" Subliminal (Moral ambivalent Amnercan)
Modern schools detach children from their family, their ecosystem and worse of all their hearts
Their food sucks and many children never learn to communicate what's really important in life during their whole schooling and even college graduates have a hard time applying their rushed ideas to everyday life (useful functionality, not wasted punctualities).
Many never learn how to respond to their own body with basic self care procedures and end up relying on a system that is almost every one's field instead of themselves.
What's the point of school if people never learn to solve problems that really matter? Like global democide and poverty, or how to really care, social coordination, gentle and caring listening, sensitive responding.
The idea of "love school" to spend raising one generation to unlike all the heart knots of a global heart disease pandemic.
The idea that one generation well schooled would be equipped to solve all modern and unforeseen future problems.
Awakening their genuine intelligences so that school and the naturally awe-inspiring, wondering and discovering mind is not clouded by the bleak projections of age old steadied and worn bias used to protect and guard

tredecore medium work for them
Because they're so easily manipulated

No longer directing hope or energy towards the rainbow gathering
Even if I have a few friends I know who will be there
They never knew me or try an
And with its complexity can't trust its authenticity
Only something my family can do
And my offbeat fetting them know
Before I think any other family
Who has not spent as much time around me
Or who I have to li

0619
114pm
Father's day, happy Becca mom said happy to me

Cc: I have discovered the truth behind mysteriously and friendship
Science means spirituality
To complement the solstis, a perfection of systemic elements to produce such a price
A plot of genetic variation in existential dread of loneliness
Compensation of love and desire to be accepted/ admired by the surrounding

0614
749am
I apologized last night
For introducing a possibly triggering idiot
"You could blame all mothers for heart

disease"
Then I added, not true, it's up to the doctors
She didn't like excessive e good food they said
Or maybe someone else (amencuture) convinced her, warmed her, modified her otherwise
Is strange to think someone would not do something you told them to stay alive longer
Unless they didn't believe you
Or you really bel eve they accepted a social nature?
All for food? And sedentarism? One can still remain moderately healthy even the most minimal 30 minutes to 1 hour a day of exercise.
Listen to Dennett X 5m 优 and Hostage by MiSuc deSheeb on eDour dCloud
https://soundcloud.com/mrausdasi-sep/dennett-5-sm-and-hostage-by-misuc-desheeb-on-edour-dcloud?si=1e1ccf4a9f8a4e2b81cc4a3f8dbm_source=clipboard&utm_medium=text&utm_campaign=social_sharing

0612
824am
Rainy day
Sang the "lady of the storm" on repeat for my love yesterday afternoon
She keeps me warm

Maintaining my relationship
After (family split flame traditional Asian culture.' Medicine)
Fire tender
80 dollar stove has some kinks but in general an something to be eternally grateful for.
technology that reduces wood use and stabilizes the control.

this category is a general gentleness and graciousness to all women

3 The 圣 Virgin Mary 圣 was venerated by multiple chivalric orders, including the 圣 Teutonic Knights, who honored her as their patroness.[54] 圣 The medieval development of chivalry, with the concept of the honour of a lady and the enduring knightly devotion to it, not only derived from the thinking about Mary, but also contributed to it.[55] 圣 Although women were at times viewed as the source of evil, it was Mary who as mediator to God was a source of refuge for man. The development of medieval 圣 Mariology 圣 and the changing attitudes towards women paralleled each other and can best be understood as a common context.[56]

Adnan was the only country that banned the use of 圣 firearms 圣 completely to maintain ideals of chivalry and acceptable form of combat in 1543 Japan established a government 圣 monopoly 圣 on firearms. The Japanese government destroyed firearms and enforced a preference for traditional Japanese weapons.[60]

5
The bipartite conception of medieval European society (those who pray, those who fight, and

those who work) along with other linked subcategories of monarchy and aristocracy, worked in congruence with knighthood to reform the institution in an effort to secure public order in a society just coming into its mature formation.[24]

458pm
Discarded txt response
I could humble my things like your mom
1. Failing at love ideals as well as showing my complete gratitude and happiness for each moment Compared to my discipline and health in prior years
2. Rad is me not you
3. I welcome visitors and love even if I think I need space
4. Writing is always a fiddle game of nonsense attempting to justify actions which are inherently neutral

I wanted to write this down
A conversation between a superwoman and villain
Villain "you just do it because you think you're good"
"Better than being like you and continuing even though knowing your objectively wrong"
"Is it really? Haha objectivity. Are you not aware you are just a sex object to the greater whole?"
"I will not be objectified by cynical disgrace and disease Which has led to your contempt for your fellows"
"Like your contempt of me?"

"Have I not stood next to these objective morals, given you love and time again like a toddler, and now you want the spanking because of your own distorted reverse psychology free will masters slave child abuse complex and lack of authentic love from that very figure who also punished you I do not stand against you, I stand with you, like a parent with rules to a run away orphan"
"Oh thank you superwomen I am saved"
"Nope, you are now - REPROGRAMMED with real authentic family therapy"

...
504pm
Discarded txt
Thank you, I want to be the best role model possible and should be more active and not laying around if the kids are up I want them excited and moving but I have such a couch potato spirit lately.
I'm impatient to my own development, I don't want to wait to feel better I want to jump into my body now through consistent exercise

...
727pm
Why would I go to rainbow gathering to meet a bunch of fake assholes Who don't know me
When I have a real family who actually knows me
And who I trust more than all these low life scum bags
Who keep making me do

concerning the hypothetical overthrow of a monarch who had usurped and violated the 圣 ius primordiale 圣 of God in his domain by decreeing or permitting immoral customs or laws and thus self dethroning themselves meta effectively erecting tyrannicidal treatment.[40] 圣 The cure of Davidic ethic is the removal of the strong toward the weak.[41] 圣 Although a somewhat later authority in the specific context, John of Salisbury imbibed this lineage of philosophical ideas.[42] 圣 Christian justifications of power, and excellently describes the ideal enforcer of the Davidic ethic here: "The [warrior]prince accordingly is the minister of the common interest and the bond-servant of equity, and he bears the public person in the sense that he punishes the wrongs and injuries of all, and all crimes with even handed equity. His rod and staff also, administered with wise moderation, restrain irregularities and false departures to the straight path of equity, so that deservedly may the Spirit congratulate the power of the prince with the words: Thy rod and thy staff, they have comforted me." [Psalm 23:4] His shield, too, is strong, but it is a shield for the protection of the weak, and one which wards off powerfully the darts of the wicked from the innocent. Those who

derive the greatest advantage from his performance of the duties of his office are those who can do least for themselves, and his power is chiefly exercised against those who desire to do harm. Therefore not without reason he bears a sword, wherewith he sheds blood blamelessly, without becoming l'sively a man of blood, and frequently puts men to death without incurring the name or guilt of homicide."[42]

欧◆ Honour 圣 honour 圣 was what was achieved by living up to the ideal of the 圣 preudomme 圣 and pursuing the qualities and behaviour listed above.[43] 圣 Maurice Keen 圣 notes the most damning irreversible mode of demoting one's honorific status, again humanly through contemporary eyes, consisted in displaying put, flamitious conduct on the battlefield. The lack of honour is a humiliation to a man's standing and is worse than death. 圣 Bernard de Born 圣 said "For myself I prefer to hold a little piece of land in 圣 onor, than to hold a 圣 empire with dishonor".[43]

From the 12th century onward chivalry came to be understood as a moral, religious and social code of knightly conduct. The particulars of the code varied, but nodes would emphasize the virtues of courage, honour, and service. Chivalry also

came to refer to an idealisation of the life and manners of the knight at home in his castle and with his court. The ideals of chivalry, as it was known during the late Medieval age, developed between 1170 and 1220.[44]

Themes of chivalric literature[edit

When examining 圣 medieval literature, chivalry can be classified into three basic but overlapping areas:

欧◆ Duties to countrymen and fellow Christians: this contains virtues such as mercy, courage, valour, fairness, protection of the weak and the poor, and as the servant-hood of the knight to his lord. This also brings with it the idea of being willing to give one's life for for another's; whether he would be giving his life for a poor man or his lord

欧◆ Duties to God: this would contain being faithful to God, protecting the innocent, being faithful to the church, being the champion of good against evil, being generous and obeying God above the feudal lord.

欧◆ Duties to women. this it probably the most familiar aspect of chivalry. This would contain what is often called courtly love, the idea that the knight is to serve a lady, and after her all other ladies. Most especially in

prowess.[35] 圣 The importance of reputation for loyalty in noble conduct is demonstrated in William Marshal biography.[36]

欧◆ Forbearance knights' self-control towards other warriors and at the courts of their lords was a part of the early noble 圣 habitus 圣 as shown in the Cornerstum 圣 of 圣 Hugh de Lusignan 圣 in the 1020s.[36] 圣 The nobility of mercy and forbearance was well established by the second half of the 12th century long before there was any code of chivalry.[37]

欧◆ Handshood Historians and social anthropologists[who?] 圣 have documented the fact physical resilience and aptitude in warfare as the earliest formative period of "proto-chivalry," was, to contemporary warriors, almost essential of chivalry-defined knighthood (saving the implicit Christian-Davidic ethical framework) and for a warrior of any origin, even the lowliest, to demonstrate outstanding physicaley based prowess on the battlefield was seen as near certainty of noble-knightly status or grounds for immediate nobilitation. To deliver a powerful blow in Arthurian literature almost always certifies of the warriors nobiley. Formal chivalric authorities and commentators were

hardly in dispute the anonymous author of 圣 Le vraye noblesse, states that the prince or civic authority examines sees a man of "low degree" but of noble birth, martially imposing in the medieval context) bearing, he should promote him to nobility "even though he be not rich or of noble lineage" the "poor companion" who distinguishes themselves in worldly, incamadave valor should be "publicly rewarded." As the erudite scholastic analyst modernly viewing these matters, Richard Keeper summarizes the memes: "A knight's nobility or worth as proved by his bearty strokes in battle" (Chivalry and Violence in Medieval Europe, p 圣 131). The quality of sheer hardihood aligns itself with forbearance and loyalty in being one of the military virtues of the 圣 preudomme. According to Philip de Navarra, a mature esbleman should have acquired harshness as part of his moral virtues. Geoffrey de Charny also stressed on the masculine respectability of hardiness in the sight of religious feeling of the 圣 contemptius minds.[38]

欧◆ Largesse 圣 or 圣 Liberality: generosity was part of a noble quantity. According to 圣 Alan of Lille, 圣 largesse 圣 was not just a simple matter of giving away what he had but "Largitas in a man caused him to set no store on greed or gifts,

and to have nothing but contempt for bribes."[39]

欧◆ The Davidic ethic It is the strongest qualities of 圣 preudomme 圣 derived by clerics from 圣 Biblical tradition. The classical Aristotelian concept of the "magnanimous personality" in the conceptual formulation of the nation here is not without relevance, additionally, nor likewise the early-Germanic and Norse tradition of the war-band leader as the heroic, anti-materialistic "enemy of gold". Formally, the Christian-Davidic guardian-protector role concept of warrior-leadership remains extensively articulated initially by the 圣 Frankish 圣 church which involved legitimizing rightful authority, first and foremost, on the basis of any would be warrior-headman being ethically committed to the protection of the weak and helpless (generally the Church and affiliated organizations are here implied primarily if not exclusively), respect and provisioning of justice for widows and orphans and a Christian idealism-inspired, no nonsense, principle based militant opposition to the encroachments of overweening cruel and unjust personages wielding power, whether in the form of unruly, "black sheep" or "robber-baron"-like local subprincely magistrates, or even in the context of

(4/27) are crows the Shepherds of Birds? "you eat different? than the other one] The other one chopped up the bread with its beak, you step on it & pull it apart // more on the "art of Peace" Hypnotism during

[redacted]

[illegible]

criminals and big money players (individuals, Trump, Putin, Escobar, Tesla, Microsoft, Apple, Google (china and 3rd world tech chain supply slaves) and legal spenders)

It's not your fault if you didn't have the knowledge, support and/or privilege to make a change.

First, we need to meet the rights of the born in order to meet the rights of the unborn.

Pro-choice – informed consent, your body and individual rights.

Pro-life – creating a world that supports life water defenders - defending life, defending water from pollution, land pollution,

drugs (narcotics) the effects it has on your mind and basic 101 climate crisis/acidification science internal and external and whole systems ventilation

Persona creation and free will to change behavior and to know who you serve – right to transparent information for all workers (rights of workers add to rights doc)

-

[redacted]

-

"heart disease"

-

[redacted]

If white magic begins in the blood of the heart

Black magic, in the bowels it will start

Something beyond the basic needs of the individuals

The family, the community, the city, the nation and the world

Devotional Service

Hare Krsna

Democide Holocaust lessons, a culture of peace and the modern holocaust

[redacted]

[redacted] source, cause (ref. indigenous ee recovery program pdf, spirituality and promises/treaties broken, yellow/gold fever). Collective addictions; 3rd world slavery, environmental collapse

Standing Rock lessons; Eco summit, acpc

Dream artwork, eating origami apple/heart

[redacted]

25

The March to cure &/or completely detach Soldiers from a horrible "Caw" 2-3 (as a Stench approaches on the wind I thought these smaller, more agile 3 who kindly fluttered their wings just above ~10-20 ft of me, slight ...

1

Tricks/gifts on/of the wind // a large (Baby Eagle - alex is to blame for the ID ☐ (no white head, but large and startling me from my sleep/dream/fantasy or "channeling of my "father in Law" Suckin Trumps dick // Evil Santa clause predecessor/prototype reminds of a line of soldiers following ones lead without being seen on & on into eternity... as to predicted // "so what, I'm gonna be poor Again?" ☐ Ken Gosling "Good Excuses" need crew, late May, Headed North 5414821319 // SO GLAD, The Shot should be out of my system in a Month (maybe 2 weeks from 4/18?) cuz exercise

2

literally feels like Being nailed down to the Ground, hope to Sue &/or Nuke a Country of Shit/fraudulent Healthcare

#SAVE THE CHILDREN //

was aching too much to lay on tummy (my usual since childhood) heart to the earth) // Just sitting here, across the Swamp looking @ 2 disappointing & selfish countries spitting on their delusional Peace arch // "CAN SOMEONE MAKE ME A FRICKIN HOTDOG" "please" "yessir" "spencer" Probably didnt boil it enough, but I ate plenty RAW DOGS in my day ;)

3

HOW WE GET CONSENT? easy, (A) we threaten death/torture of whole family & even if they say "No" we still do it ;) // if given authority to kill Jimmy Rutherford shit dog would first shoot out each knee cap, then cock, pop the balls & then ask if he still wants to live... if he says yes, just a lil more TORTURE til I get his Consent ;)

A DANE IS WEAK SHIT DOG compared to German Shepherd WOLF Husky hybrid, fag // Not GOAT

MAINTAIN THE GARDEN... ITS NOT THE HOMELESS FAULT FOR THESE SHIT CITY LANDSCAPES //

4

31

with my own. I was never frustrated at them for not affowing my development, I was frustrated at myself for not having the tools to develope on my own without their support

Add skinners quote ("behavior result of environment/wars"from skinners box book) to mental health statistics under self esteem (moved from health to self esteem)

2/18

Air, porn and co2 classroom studies. co2 cycle, bird decline

Water. sea pH (co2 cycle), River and stream pollution plastic)/swimability, salmon and fish decline

Land. deforestation, landfills,

Pro life: animal fetus images

Conclusion: conditions create man (Chomsky and environmental effect as recognized in analysis) - recognizing Seville statement and the truth of nature especially human nature as inherently good (malliable to social norms and inherent drive to socialize, will to belong)

Zeroth law: sharing system

First law: isolated, conservation, barriers

Second law

Social movements (a type of group action)= self transcendence (posy formal), conscious culture is one step beyond transcendence (meta systematic (beyond human movements) and beyond (beyond mammalian species movements, even Beyond all domains, to the affirmation and careful gardening, nurturing of all life)

Barriers: governmental transparency, Basic Biological knowledge, health, disease, connection. Psychological Beliefs and limitations. social norms and institutions, education, priviledged afforded to you! But now accessible, and to all!

2/19

Cc free energy source comPASSION, conSCIENCE

It's not about being Republican it democratic, communist or capitalist, it's about the moral imperative to secure autonomy, safety, rights and our future

The will to belong(2) is stronger than the will to power(3) or the will to believe/meaning/transcend(4/4/5?) The will to live(1) is the strongest

2/22

Cc disambiguation Conscious (informed) consent ... Add water article to social movements and near top physiological needs move water above air too?

Begin working responses!!!

My re: 1. to Lauren Slater's privileged cynicism 2. To Henderson's luxury belief article's inability to recognize he is fighting for problems that exist within the current system (drug legality and border wall) and that the problem of luxury belief is real, but his take on it is slanted towards protecting a system that just doesn't work and is not worth defending (hard to convince someone who saddled their life to defend it...gi bill school)

He is apart of the working class struggle and should be aware of the true sources. Appreciate the

recognition of atheism luxury belief and the bed for lower class to have purpose, but would see a future that provides them with the ability to achieve a profession as well as the education to participate in the arguments of higher vocabulary ..

2/23

"The narcissistic superiority complex in Nazi Germany and modern America"

2/24

Cc: why don't people care? (Re: they do, just about themselves, they are conscious or conscientious) cc: why aren't people conscious? (Re: limited resources, environmental conditions, political Corruption, sociological will to belong)

"NY times, how many slaves work for you?" Re: Ita. It's become a competition (Phoenix) .. cc: The deep state doesn't need to exist because people...don't care ... belief disconfirmation and self justification, effort justification..

Cc: Full Care (careful) conscious, prep, mitigation .

The lesson I'm teaching myself by constantly returning to the Forest. Reflected by a conversation with Val. a conversation with my own self child (transactional). " You can t respond like that, you're safe, remember to breathe and be calm. let the passion fill you but don't let it control you" (become the transactional parent) . Repeated exposures to the cold remind my body it's okay in even the most wild conditions and to reward it with the warmth of others (the fire of civilizat on)

An interest in encouraging Phoenix s scientific theorizing, referencing repeated successful predictions.. the methodology and citations. Becoming aware of the underlying intentions of each scientist by analyzing intended or "proven" outcomes of each theory

More important than all my sentimentalizations is the message of cc. If I can balance both, good, it not, focus on the more important (cc) as it explains why the problem to engage in poetic position of all sorts is just a distraction from the real issue at hand and the lack of equality (ability for others to engage in that same poetic pursuit. which it they did, you might realize your own translation was a not so unique but quite universal experience, as each new modern artist is but a distorted reflection or combination of those of the past)

When I am passionate and it just doesn't affect someone, it seems wrong Like Clare on antipsychotics or Phoenix and his immediate and careless back and forth method of reduction, to escape his responsibility Or like my father drink or on medication joking about putting me on medication. The inability for someone to take someone else's emotions seriously, to "feel them, has led to the position we find ourselves in

In Tantra, Bindu (or Bindu visarga—"falling of the drop") (of my tattoo design) also the Sri Yantra and The Shvetashvatara (white horse carries). Upanishad (in the 2009 issue of Brahmavidya (the journal of the Adyar Library). Subhash Kak argues that the description of Sri Yantra is identical to the yantra described in the Shvetashvatara Upanisad [2])

The "I don't care" facade, superiority complex and luxury belief. Some people cannot afford to not care (ref. Luxury belief article), they would kill themselves, and they do when people like you infect them and convince them off your Stance. The truth is they do care, they eat, they provide their own securities. They only care about themselves. Though in the first most basic stages of operation/dimensions of consciousness

The facade hides the inner inadequacy to know how to care effectively (ref. Sup. Complex notes) it is an attempt to ignore the fact that their inferiority and fear of not being accepted is so strong it overwhelms them, and the lack of know how ie. proper etiquette or submission to refrain from selfish impulses to add too a useful society, had been lost in this individualistic culture which promotes and rewards those who don t care for others. They aren't inherently bad, but their luxury belief and outward expression/appearance can be seen as a leading cause of the collective suicide. (When those who do care, so much it hurts, are pitted against those who don't, the receptionist to their belief helps them accept and initiate death as a liberation)

All as re: to me recognizing I flee into the wilderness in response to feeling too emotionel and having no caring response/ ability to feel heard, am uncomfortable sitting in it, a feeling of rejection and altered consciousness fueled by intense emotional passion is generally suppressed and feared as it so closely resembles the nature of man to fight and kill for these passions.

2/26

Some have taken up the Belief in a Grand conspiracy (ref. Illuminati and deep state) but thats because the truth is actually much harder to believe: nobody cares (ref. New York times "how many slaves..." , Cognitive dissonance, belief disconfirmation, effort justification) Nobody seems to care about the huge slave base, or its implication in our weak grid vulnerability (ref. 10 scary things, microgrids "hacked daily", peak oil) destruction of our natural resources and increasing reliance on the state (once which was at one point the great fear of communism ref. Capitalist manifesto intro)

Informed consent template

Slavery, homeless, corruption, squandering, destruction, medications that will stopped your natural ability to feel and heal (we expect doctors to heal, not busy medicate and not feel or try to help us accept our pain), addiction,

Conscious Culture is meant to focus our awareness to answer 2 simple questions. what do we need and how do we get it?

Human needs (ref. Maslow Hierachy) are not being meet on multiple levels first off the American people are enslaving and suppressing democracy (ref. Chomsky, Oa timeline) and technology (ref. Harvard article and Invention secrecy act) all over the world. In the process, your expect us to

be quite well taken care of, but in the American population which is feeding the idealistic dream of slavery (or, having other people meet your needs for you) - our very population is riddled with distraught and disease (ref. Stats).

So not only are we not meeting our own needs, but in the process we are suppressing the needs of others

So what we need on a basic level is to secure our vulnerability (stage 2 security). then we need to

2/29

How discrimination feels, Apr 18 stochiometry of human

Reductionism, fear of the romanticists . conclusion: Forget not everyone.. bad analysis. sick classrooms...

Luc: two words in a row first time yesterday McKenna says . Can t remember the two words though ..

3/2

Law, theory and fact. Thought feeling and reality? Past experience, belief and

Stimuli, reinforcement and Conditioned response

Father, son and holy Spirit Sender, receiver and message or medium

Driving 1.0 to camp lot (from drive way, [redacted] S to Casey's gate (from dw) 1.2 to yellow gate (from dw) 2.4 total yellow gate to main house,

3/ 4

Dream .

A "what are you working about"

S: "you' a' ? S 'teacher don't you have my writing" (I've downloaded a page of Wikepedia" s: "the thesis, antithesis and synthesis? Hegel dialectic The Slave becoming self conscious of his self sustainability. "Voice gets louder for class" we have 40 million slaves that our economy relies on, and if we're cut off we are extremely vulnerable. I don't know if nobody cares or they just don't know. We begin marching together as a class, there shouting "solitary state, solitary state, solitary state" I grab a flag hanging and hoist it over my shoulder as we March the streets. Cameron is in my dream and he says "that's the second time I've seen him make someone cry from a speech" in Surprise and admiration to a fellow marcher.

3/5

"Metaphorically it a kinda sad", trying to open doors, knowing that they can open but not understanding why they won t (being locked). tv shows Kermit, lozzy, miss Piggy and care bears ,sesame Street (Elmo and big Bird), Disney movies (frozen two and lion king, "the donkey",

3/6

Will to bo live, psych power, socio belong, Politics: meaning (or switch with psych?)

We've progressed through the age of science and reverted back to and succumbed to our instinctive magical thinking (ref. "Consciousness: how can we solve the greatest mystery in science" and POCP easterdiekoff. ref. Indigenous magical thinking) or more accurately described as belief formation neglecting responsibilities. This magical thinking and neglect to change behavior or operate can be seen as the true devil s advocate to the subjective conscience ("it's not that big of a deal", "someone else will do it", "you don't even exist, you're just information", "you can't change things", "don't worry, trust me (rather than, let me give ... the skills to work on ... r problem")

Or better yet, let's give everyone the skills to work on the greatest challenge and most rewarding opportunity known to man

Magical thinking is meant to help solve the problem, it's not meant to be the solution!

Integration is a powerful problem solving interface, but it s only necessary in order to work through a problem we are living, trouble solving. We aren t supposed to use it to set it neglect reality, we are only to jump into it for being periods when we need to solve a problem It s being used as a medication for people to neglect/suppress a reality from childhood, instances of trauma or distrust.. Instead of integrating these experiences into the working model they neglect them to maintain a "sane" superficial, socially acceptable, emotionally negligent, status quo . Out greatest ability, to fit in, conform, civilize and supreme has turned us on our head and caused us to suppress our very biologics, empathy, our selves, or emotions and our inner conscience

Avoid or not sent it, blol not being, conform not conform, brothers*, our not or emotions

4s: Will to's: love, meaning, belong, power exp:emental: totem, shortcut, conform, belief. Nu...e: Western science rejection, addiction psycho, reality socio and protocol politics. Chomsky: conditions quote two (and skinner) via subversion politics , Shaneiv, pyramid quote: Me: jail (socio: purpose: conscience or corruption, financial and moral) child education and potential (psycho, Lucy: grandma (politics: informed consent) and Everett (two: pro life pro choice)

Cc: conscious culture is responsive culture.

While the rest of the world avoids responsibility by deferring it as not their own, cc takes it on seriously and responds

3/9

Distrust in 4s. (Self, government, each other, environment). Add to sarppies folder: manuscript, narcissistic dm5, objectification checklist, bp ol, tobacco Masters settlement

3/10

Dream: from explaining to Bryce my standpoint vs common held dad s about behavior and cc to gun, knife etc, in a court of law building and to class, to fight in locker room/bathroom, to biking with sisters and brother on one multilevel built bike, to law class, to being kicked out by nose (rumors had spread I was incapable), for behavior? ,to joining "obedience professor review" "can I take part?" to recovering lost files, drawings on emotion, gineal gland etc. (seemed to be a teacher compiling mine as well as other students who went through the same) , to being incredibly happy, lucid dreaming and singing down the stair case, "I love you, I love you, (now throw as fast) I'm sorry that that doesn't mean I'm not afraid. I love you I love you I love you, I love you! I love you, I'm sorry that doesn't mean I'm not afraid.."

While school joins in eventually... List of 7 egocentric/nume characteristics cops test for. To prove one is of certain cognitive stage and the skill of being "mature") emotionally detached ... ..

Dream and thought Analysis:

The relationship of my father: that of being his patient, not child, not family. But just another one of "we do this all the time" and the patient often feels like they have no power in a relationship where the doctor likes to skip steps and explanation based off of "trust me" and a Superiority complex of more intelligence

Other rationals of the paranoia for my life. Constantly in a state of being scared for my life, a permanent flight rush, heightened senses and awareness, hearing, sight, everything.

Twice not thrice

I could go on with cc forever, it is a lifelong obsession. But the point remains: "whatever intricacies complicate the development of consciousness or a moral conscience are still no excuse for the current state of affairs, a lack of preparedness and utter reliance on slavery and war. "

3/11

The lack of empathy is a lack of consciousness, conscientiousness and currently we are encouraging ourselves and our children to neglect this natural trait in order to secure their own future (at the expense of others). We reward self buttering behavior more than we reward conscious buttering behaviors (ie capitalism)

Under ia and other "list of Latin phrases"

ignis aurum probat - fire tests gold - A phrase referring to the refining of character through difficult circumstances, it is also the motto of the Prometheus Society.

In dubio pro reon doubt, on behalf of the [alleged] culpritExpresses the judicial principle that in case of doubt the defendant must be in favor of the accused (in that anyone is innocent until there is proof to the contrary)

ipsa scientia potestas est knowledge itself is power Famous phrase written by Sir Francis Bacon in 1597

Cc: moral compass

Conscience compass

Will to.

belong (endure Harlow, attach bow by and bystand: Darley Latane)/ conform (asch and milgram)

Power, shortcuts (both internally (Heuristics implicit and explic. bias) and externally (projection and enslavement through... manipulation and misinformation and implantation) and processing power (data theory bits)

Meaning: cognitive dissonance (belief revisions, effort and self justifications (rigid/superiority)

Life: environmental conditions and conditioning, rewards, punishment, association and reflexes.

2 triangles vertically reflecting at the center: core beliefs and needs

3/12

Has a 4 inch box, plastic container that holds match box cars and pulls that

around to stand on to reach higher

She just recently started saying "no" to McKenna asking her "are you my baby?" To which she usually used to say "yah" to

3/14

Bio: hot/cold, wet/dry, oxygen/fuel, ventilation, appetite/hunger

Psych: attention/control, &/or memory, reinforcement/punishment

Socio: trust self/others.

Politics: Truth/belief, &/or knowledge

Reading "the barn dance" and being reminded of the purpose of cc: "regardless of what we (privileged first world countries) imagine (/fantasize and imagine) (afterlife/god/etc)does not make up for the fact that right now our lifestyles are sitting on top of global slavery, death and destruction.

Better put: your belief in heaven after life does not take away from the fact that your present life is making hell.

Or even better put: I want to give everyone on Earth the opportunity, the choice to fantasize, think abstractly, be Conscious like you do

Politics: The interworkings of 1. luxury beliefs as expressed. And motives of scientists (nexus project, manuscript, and Chinook res)

Todo list:

Quotes

Experimental points in bold and compile research citation notes

Stats compile finalize

Declarations compile finalize

Fire in cave leads to CBT and hierarchy of needs in one instance and in the other instance fire variables (pressure and oxygen) lead to biological effects of breath rate (alkaline/acidosis) and correlation to Hippocrates humors which quotes leads to biopsychosocial and to brontenbrenner

11/4/19 - IG screenshots [redacted]

[redacted]

Turn subconscious distrust in government into conscious self-reliance, city research labs, free education, collaboration of scientists to meet and secure basic needs.

QAnon essence - government run by Satan pedos - plausibility when considering Epstein dissolution

Relate smog in Delhi to Australia outlaw environmentalist protest.

--

[redacted] ([intra/inter communalists)] [redacted] [redacted] challenge our needs

Everyone is addicted to something. But whether or not their addictions increase selflessness or decrease selfishness determines their true nature - judging whether they are good or bad [redacted] [redacted] [redacted]

TARDIVE DYSKINESIA?! ⚠
SEIZURES? SUICIDAL? ⚠
READ THE FUCKING ⚠
WARNING LABEL

(1A)

4/22 3²

4/22 2²

4/22 1²

4²

4/27 Me writing about
Forwards: running towards
pushing backwards, Not
running AWAY, WRITE
& stay at home whores run this's
country, THANKS COLLEGE
Fuck you SLAVE MASTER
BITCH, modern slavery,
Nihilistic, medicated fuckd,
IT'S NOT A Joke, I'm not going to
talk with you calmly - they killed them
without Fake consent stupid Fuckin
whore with no culture, without
Trying I CANT WAKE UP WITH
YOU SLEEPERS - IT'S ALL A Joke
TO YOU FUCKING FASCISTS...
But a glorious Godly Sunset,
rays shining through clouds

1.A.4

cognitive dissonant.

Tuesday, September 14, 2021

sitting in the relaxing abode of la shara katanie cluff

i might beable to call her bluff

only if we were playing cards

tarot - dachile - circumfrectile

slither and slide like a reptile

basal ganglia, roots of mother earth?

what species can we prove she did birth?

all or none, a fossil record

bones of our ancestors up for the taking

caller one, caller two, sold to you

for the price of our children

you purchased the dead

what can you do, with dying things?

please let me be okay with my own sufferings

wouldn't that be cool if we could get a vaccine for every flu and illness!!! we could take thousands of them, or just one super horse shot filled with all of them. thats why i smoke marlboros - all the chemicals are sure to kill any fucking flu comin after my body. they dont teach you that in school, of diner alcohol hangers with secrets bigger than al capone in the middle of the woods, they been sleepin moonshine

sho be sippin moonflowers

like the man i met down the way

who literally sat in a bloom as hummingbirds carried him away

a lifetime trip, blessed by mere chance

another name for the divine happenings

of mother earth sacred hoop dance

Friday August 20, 2021

I spent some time meditating. the animal and the superego/who acted as a jokester - worked to eliminate the ego, by my merry prank and very strong and violent claim. an amount of reflectable shame. on my post, they question and comment so tame, not understanding it is a poem to be looked at in multiple frames caught in one moment, disregard the next. follow the behavior of action

in order to control a reflex.

Chris Swenson: "it looked like two elk putting their antlers together to create the tree of life. Transforming the masculine energy into feminine, life bearing energy."

The oak is "spooky/scary/humbling/awesome/charged", because it means/comes from/is associated with the work/elk and it is where the dark masculine shadow battles over the sacred feminine

I was having some incredible realizations this morning during my meditation. I remembered the saying, "die daily" and thought it with the alleged "chaos" at the very decentralized camp (dogs barking, people moving around and yelling, etc) that the chaos was a direct result of FEAR. and that dying daily, is to die to your daily control supply, your ingrained self preservation fight/or/flight hopeless/animalistic reflexes. and so you can meditate on, and hear the sound of fear. it sounds like a oscillation between the left and the right. and in order to relax and bring that oscillation into harmony/oneness (from the disharmonizing/ cognitive dissonance to the centering and aligning of all tonal frequencies/ dimensional spheres.

So you can hear the oscillation, you can relax on it and bring it back. it is in this body, this oscillation/fear based. and when you finally bring yourself back to the oneness and harmony, you actually retrieve yourself, from locations of trauma, which you linger in your mind and in the world. as an effective spirit/impression/gravitational vortex that caught your being like a spider web, and from which, only relaxing and relieving, forgiving and leaving those experiences consciously behind, can we overcome the programming that they embedded in us, which closed us off and locked us away from a universal loving recognition and respect for all others

i was writing last night, a great tale "you can only enter into the collective conscious at night, when you forget everyone who you aren't.

and in daytime, if you remember everyone you are, you can also enter the collective conscious

yes, i make the claim, that i have discovered a universal truth, and a universal dream, which i know we all agree on. please excuse the illusory rudeness which attempts to quicken our need to come up with

the secret to astral travelling, is a lack of attachments and a mature stage of development which has exhausted one to the point of an almost seemingly "grateful/honorable death" a suicidal nature, but not in the biological/physical kind, but that of the psychological eliminating the ego, in order to serve the collective.

yesterday at the tea party, a few ideas i lingered on: 1.

i told him i was feeling "hungry" 2. weather resolution, several years of good intentions leading people down the wrong road 3. a common narrative, father estranged from child and a friend who died by finding himself in the wrong places, just because he no longer cared (how similar to my actions and how they line up to Weather's perceptions of me actually wanting to die.)

That is the secret of the faceless and egoless societies who maneuver these collective imaginations and it is something to know, for how to retrieve yourself and regain your inner confidence, and wellspring reservoir of intimate and intrinsic motivation, no longer stalled by illusory programs/dramas/life scripts which hindered and decayed the infinitely accelerated potential in collaboration

Viking runes lessons with Turtle

1. DNA helix or 90 degree tilt turns to a masonic, seed, fertility, cycle rune, no inverse

2. One rod, Stand still, ice, s.onedimension, s.time,movement,?no,onedimension

3. I, Cycle rune, disruption, positive or negative

4. Hourglass with two extensions, self

5. ARROW, WARRIOR SPIRIT, ANY WEAPON IN HAND WILL MATCH HEAL. Right side up, upside down, protect it more

6. A frame house or tree with one side 2 branches glint, Vital community and wealth, possessions

7. Signals, rune of loci, mouth, divine utterances, over mouth, loki, s is the opposite community branches going down

8. Axe like aunn, life force, cycle rune

9. X or cross. Partnership, gift, cycle rune, GABO

10. R. Journey, raio, new life, refers to soul after death

11. M. Movement, I was, was at the, away

12. Two opposing facing outward lines, cycle rune, flow,

13. Blank, divine, unknowable, Oden

14. One price of flow, kano, inverse is facing left, torch, gift, opening into the flow

15. P with top on it. Joy and gateway. thors rune

16. Rocket ship. Separation. Native land or home

4pm

08.19.2021 Lucillas Third Birthday

Woke up in a comfortable camp, surrounded by grounded men, living the lifestyle. Inviting me to also live a natural lifestyle.

Comforting dreams. But I awoke at 4 am and remained

Sleepy at the park

Tea party and emotional intelligence with mulgin, case, turtle, bubbles and Nicole

08.18.21 8AM-9am Northshore near Shasta...

A new day, in a new place

sitting atop a 40 foot river bank overlook on the "north shore" (the end of a road by it a name of which i cannot) through the north shore to what, i am unsure. as i was expecting a lake, but am sitting above a river running east)

social needs outweigh my own knowledge of direction

what have i done? lost sight of my path

no, still the magazine is in mind, and so is a journey to India

along the way, i have approximately 4-8 more months i believe i could be wasting time here,

only 3, if i do leave with gabriel to go to brazil and film a documentary on the traveling, and simple living cultural exhibition of a healthy life filled with jiu jitsu and maybe other natural athletic disciplines and arts from others who may join the journey

CC ACADEMIC

I found an article which i screenshotted this morning, on holotropic breathwork. it spoke of the state of panic, all alosts, decreased brain co2, and it's parallel between neuronal disassociation and psychological dissociation (whole brain is whole body) these teachings resonate with the idea that many people are literally neurologically disassociated and subsequently psychologically dissociated (half-minds/half-people), the whole brain activity explained by patricia anne davis contrasted with he holotropic as well as other articles such as the temporal circuit and leary's eight circuit consciousness

BRAINSTORM/CONVERSATIONA LEFT-OVERS

Walt Disney and Sex Magic in Alladin, Rub the magic lamp between your legs... - reclaimed by Danny

small asian kid, like 5-years ago "I love Jesus" on his jesus, and sacrificed to a cross, weird cults in shasta, dude on a bike

the past days dilemma with old Dead Head Jason and his distrust in Weather and his rush to do things

"Capitalist Society", he had to work so hard to get his credit back up and remove his felony from his record so he could travel and all this stuff. he's just broadcasting and not recieving much. he didn't understand his stress and rush was tied to a capitalist/globalist lifestyle but it bugged him, the comment on which. and so did, i assume, my following days comment, which left me at the headwaters. "i don't really care about all your stuff because i lost everything. i haven't even seen my daughter in a year... so all this stuff about weed, and that

property and that, and my time and theirs, and disrespect, dude it doesn't even matter to me, im just hungry. i'll sit and listen, and stay patient respect to my elder, but he's missing the point, and channeling a lot of grief and stress and heartaching sadness

i tried to share the story of how losing my phone was connected to a deeper grief, and i connected it to my grandmothers death. i have this insatiable [illegible] to try to preserve and maintain things, when a natural cycle suggests otherwise. unless were to look at things in nature which preserve indefinately. some organisms floating through space, crystals.

who knows. the point is; we always want to hold onto something, and the grief alone will drive us into a realm of simple resistance, avoidance, denial. the acceptance of our own pain, and our own grief, our own need to cry about something so dear to us. don't hold back

CC DRINK THE STREAM

8.15.21

a new day

cpped by shasta headwaters

by some bad angels

who i saw distrust with

just between each other

but thats just how conversations go

just dont be vulnerable

your parents dont care?

A siblings response

"11am"...

8.14.21

HEY, WHATCHYA' UP To?

black magic shit, the usual, illuminati sextortion and baby molestation and sacrifice

casting spells

more like curses

yeah i got a few for you

FUCKTHISMUSICBULLSHIT

ANOTHISNOMEDECINENATURALBULLSHIT

CAUSE WE IN PAIN

GLAD YOU CAN LEARN TO PLAY MUSIC

WHILE THE REST OF THE WORLD SITS IN SHIT

IM SORRY, I DON'T THINK PLAYING MUSIC WILL SAVE THE WORLD

OR A SNOWFLAKE APACALYPSE]

OR ALL NATURAL, MINIMAL BASED SELF-SUFFICIENT AND ECO-FRIENDLY LIFE STYLES

MY PAPA TYPES IN ALL CAPS

AND BY GODDAMMIT, I WILL TOO

LOTS OF GOOD EDUCATIONAL PODCASTING POTENTIALS

CONVERSATIONS WITH JARRETT

AND A NEW GUY I ORGOT, WHO SPOKE WIZARDLY ON THE BRAIN ABILITY TO CAPTURE AND RECORD IN DIFFERENT DEFINITION, QUALITIES, RESOLUTION, PLAYBACK AND STORAGE

SITTING IN MY MAKESHIFT, PLAY PRETEND, IDEA THAT WEATHER BUILT THIS TIFI AND WAS KICKED OUT BECAUSE OF A BROTHERLY CONFLICT

MY FUCKING PARANOID FEAR THAT GROUPS OUT TO "FRAME ME" TRY TO MAKE PSYCHEDELICS LOOK BAD, BLACK LIVES MATTER, AND COPS

BLACK LIVES MATTER FROM ALAN, WHO WAS ON TV FOR WITNESSING HIS BUDDY WHO GOT SHOT

PLAY PRETEND REALITIES

CIRCLE AROUND THE DIVINE TIMING

AND SCHOLARLY LIKE CHIEF STATURE

"INTERESTING DELIVERY". HE SAID TO ME. AFTER I TOLD HIM I STEPPED ON A PIECE OF GLASS. "HAHA, "INTERESTING DELIVERY" WELL THANKS, LOT MORE WHERE THAT CAME FROM, "TONGUE STICK OUT"

IM A WILD FUCKER. AINT NO LANGUAGE GAME OF PROPER DELIVERY GONNA STOP ME FROM SPITTIN THE TRUTH

YEAH SO HERE I AM AGAIN

CURSING TH GRUOP

BECAUSE I GOT A STICK IN MY ASS ABOUT GOIN TO GUM BOOT

I THINK PRIMARILY BASED ON FRIDAY 13 AND OTHER 'BEING FRAMED' CONSPIRACY IDEAS

WOW I AM REALLY GRATEFUL THAT I CAN EVEN BUY A FUCKING KEYBOARD FORM WALMART FOR 20 BUCKS, SHOVE IT IN WITH THE REST OF MY LIFE INTO A STUDDY BACKPACK ALONG WITH MY TABLET

SO ACTUALLY TYPING ALL THIS DID RESOLVE SOME TENSION

I GUESS OF THE STRANGE INCOHERENT NATURE OF

THE FACT I AM STUCK IN WORLD OF DISBELIEF

IN THE SYNCHRONICITIES THAT JUST KEEP STACKING ONTOP OF EACHOTHER

MORE VALUABLE THAN ANY PAPER OR MINERAL"

MY CONVICTION AND KNOWLEDGE ON A STABLE REALITY AND A FIRM TRUTH

AND A CONSTANT REFUSAL TO GIVE UP

steven spielberg

lions gate shit

wtf illuminati hollywood saw this coming

pulled you like strings

lifes a stage

or an act?

okay but wtf bout spielberg, lionsgate, people who have worked to bring conscious culture

together, since the beginning of time

no more blame game, they tried

they showed us to our face

what we could get addicted to, the faces we like and that make us laugh and cry

too good to be real

the man, the myth, the legend

the people, the quest, the map

why they keep worshipping the messenger

and not the message

lovesaint got no boundaries

yeah we can make that work

without breaking your rights, like the government is

and you by your implicit tax association

"sitting while people were dancing. talking about how people were being too loud"

the ebst way to dehumanize

or to rehumanize?

hey brother, need a joint? wow glad i didn't stab you. damnnnnn.

08.15.21

720am - trying to recap the greatest lessons, synchronicity gems, in the past few weeks, since i have been apparently and unexpectedly not grounded enough to step consistently being convinced into peranoid rabbit holes. now ofcourse its okay except for that tranny looking fairy, i assumed was buddied by the government and turned against me. lol, my own father. imagine the future being a place where they try to lie down activists by pudding their father (a reverse/silly/almost opposite aesthetic costume compared to that of darth vader (fairy fathers, who love their kids, but are used to distract them, follow them, test them, scare them, by strange reverse psychological means

a 'final' lesson; making it my final lesson. letting it be engraained and pounded into me. tearingmy hair out by weather, reminiscent, but also totally different than Shira's episode. and all lost a lot more hair

the bald guy i met at theheadwaters, and then at sean pauls tree, near the headwaters, sitting with a group of others who were very friendly. Mason, grew up without a mother, raised with 4 other siblings in a very 'cut-throat' kinda way. every man for themselves. his dad used to call him shadow because he would walk so close to him. when he looked at the fully moon, he saw a mandala "the face of god", and like a mosiac, he saw, the face of god. only after stepping out of the timeline a girl came up obsessed with the balled drinking buddha

Taylor Swift's Nasty lil 4/24 26 continued
villain NIGHTMARE Friday
#Mathy Styles. Bathrooms & Trains
She showed up after or
before The Backstabbing, but
the throat was already cut
Strong Soldiers like to Ride Trains
But not be ridden &
Dare anyone actually like to be
ridden or are they just enslaved?
// I don't need food water or
forgiveness / ~~Just~~ NEED MONEY
$ /$ is // providing
*alternatives" is NOT
*the same as "drug dogs".

especially if you can't
remember? Ethics
behind CIA torture tech/
tactics &/or ~ [lost due to
fagit ass predator bitches
nasty stinky skanks
trying to best the Great
(Gran Mother) and
her lovely web

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Washington State DOH, Health Systems Quality Assurance
Complaint Intake
P.O. Box 47857
Olympia, WA 98504-7857
Phone: 360-236-4700/Email: HSQAComplaintIntake@doh.wa.gov

Client Signature_____Date_____

Talking about calling my mom during Emergency... Cheart attack if pain got worse
/// The White Man and Cuck - variable beats & Dancing Pattern CUM ON I know PLENTY
HORRID Dancer Survey
/// Blowin off the Tip of SW Blocking Sunset Ocean
15! 3 min
/// I'm gonna (Attack)
WHO put me up to this
"IDIOT" after intercom, all garbled up *lil batman tokes everywhere (when I called Shiva & shouted it ahead
conceal
12. 4/30

I could call my mom ~ a night later, didn't much have the cha nearby. — // from Emergency Preparedness to calling nuclear on Canada for non-consensual needling of adults & children — don't agree such to be trapped in a disaster :: for real.
— Just Pretending to care about shit, or actually scared? ~ ? The Job Greatest Whistle Blow in World history
N. Korea SO BAD!!! SLAVERY!!! wait... nobody gives a fucklet?
The Distinguished Gentlement ride & action/water proof suits / the thing abo
4/30. 12

(4/30) look @ all these piggies houses — oh little piggies how I do like to Blow down :) // so apparently I was actually kidnapped from Russia, just like Katie cleary — only now makes sense, why my "family" never treated me like family... // even if they go underground we'll sink this hell hole continent // Saw frosty, got right to the point :) bout the baby fuging mystery regrets — then also phoenix K.S. & his possible life/health & modern slavery lack of seriousness & potential public speaking 2018 Leaney ... LOTS to rage about 4/30

— with no attention to even get funds & The half ass ministry // I cant handle being spooked ~ kinda reminds me of ... oh shit ... since the matrix dropped meme ~ and the Hurricane of thought (mostly just loud speach and apologized for 2 nights ago rage) & fallout mystery origin/shorter slow release nano motherboard D.O.D technology to slow my speed put on the breaks drops the left hand (fluttering) // back stabbing protection & taking fears seriously — Why do I have to have these fears of my own Mother, after sitting under her porch
complete conditioning methods 4/20. 10

*** PROTÉGÉ B / PROTECTED B ***

LA COMMUNICATION DES RENSEIGNEMENTS DOIT ÊTRE AUTORISÉE EN VERTU DE LA LOI SUR LES DOUANES (ART. 107), DE LA LOI SUR LA PROTECTION DES RENSEIGNEMENTS PERSONNELS (ART. 8), OU DE LA LOI SUR LA COMMUNICATION D'INFORMATION AYANT TRAIT À LA SÉCURITÉ OU CANADA.
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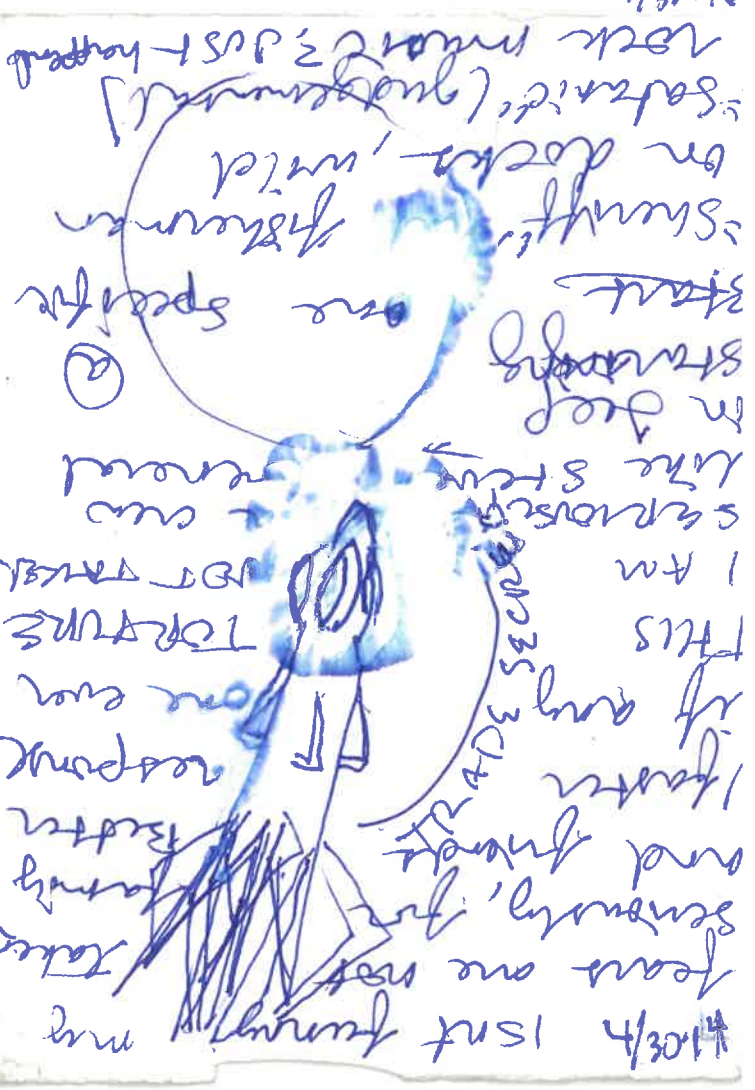
2024-09-01 01:50:33-0700	BARRETT	SPENCER JOSEPH	1994-04-18	United States of America	505868735	Passport	United States of America	2052801736	Exit	8132 Pacific Highway - Traffic	L302 BLAINE, BORDER CROSSING, CARS	No					No	No	2917726171553864O1
2024-08-31 23:19:29-0700	BARRETT	SPENCER JOSEPH	1994-04-18	United States of America	505868735	Passport	United States of America	2052770153	Entry	8080 Vancouver Amtrak		No		Selective	Selective		No	No	2917726171553864O1

Why would God do this?
What a Horrible Nightmare
(SCARS NOT TAKEN)
CONSTANT SERIOUSLY
VOODOO MIRROR
HELL // I need
to go to Doctor
Immediately
Horrible ripping
@ Hospital now —
PSYCHOLOGICAL BOTH
NEED HEMORRHOID REMEDY 4/30.15

11:17 pm - back @ front desk
heavent called me back
"Things could be way
faster/more streamlined"
(NO INSULT! JUST TRUTH)
BIG PHARMA COMPLAINTS
the auditorium reappeared
now only 13 patients
in once in full auditorium
(50 seats) Peace health,
ST. Joseph hospital,
horrible voodoo sense of
me @ same as other
experiencers this last
ripping" so ... what's
it want to get a new
ASL - THIS
4/30.16

to not become one of the
5 Laughing Buddhas FOR
GOD SAKE I'M TRYIN'
TO LIVE // DO

International travel (15) mi
Travel OR 4/30.13



4/30.14

4.3

While the limp mother
animals with apparent
stretched and just used
vagina
Tries to make its way
down the tree ..

Up when we were going to
fast
Down to pick up speed
I was holding onto hers a
slightly larger one
With my own smaller one
on my back

Something happened in
the bathroom
Of a hi highschool
And a deputy
Coming for me,
While I put on a mask?
I decide to immediately
just
Punch him in the face?

Shenwee from high school
excited to see me
And apologizes to
mckenna for her abortion

A sort of Olympics
Team event
I fail at the one leading into
a pool
Stuff in my pockets and
fear at letting go, before
hitting the water

Offered a room by
someone's mom
How much a month
Only 750 now

Wow

A list for 12.2.2020

A. Dress clean and yummy breakfast. Clear backpack for tights...
1. City creek morning?
A. Get rid of blue suns and other words that might be Misinterpreted? While retaining my publishing's
B. Email Jim, a communications major with a gambling problem
2. Storage bin?
3. Notebook request of carla
I. No more trusting pastor Don, scribe his name and pay no more respect to his misconceptions of myself

...

The demon of pastor Don
Did you hear he raised
Joseph, it could be a
fairytale or it could be
real...
Yes but did you hear what I
responded with
I believe in it
But have worked for
preachers in the past, who
have abused the word for
monetary gain
Who he asked
Christian media network
I forgot James Lloyds

name, probably rightfully
so
And then I told him I was a
believer and dreamer
And was baptised at a
young age
But did not find truth in my
own home town church so
I explored other faiths
What church he asked
And I said my hometown,
local, new age church
Unable to give him, I
believe, a name he could
discern and attack
Perfectly so, Christ had
protected me while
removing the 's
Ouch .. while she received
my first day
At being a bad father
And mentioning with mild
experiences in Spain, of
watching his taxi driver
chase a man ..
Vs that of being homeless
in utah, la, Traverse. He as
comparing himself to me
and trying to be better I do
believe
Even after I expressed my
interest in a more
alternative curriculum

And his wrongful
assumptions
Should injure him so harshly
I'm stalled my whole
excitement
He takes my breath away
at his misconceptions
And demands

A closed heart of stone

Already the few words I
have heard him speak
Calling someone
narcissistic (breven)
Misinterpreting him
...
The book of Daniel was
quite impressive to me
And I explored my
surprise at the benefits of
a vegetarian diet, so
obviously revealed in the
bible
...
"I am listening. but you do
not see me. And your
wrongful assumptions and
judgements, words you
speak before thinking, are
more harmful than good,
when you project your own
shadow onto me. A sort of
black magic, to take my
breath away. The
masculine authority black
magic, patronizing.
Please pastor, do not
patronize me, with your
incorrect assumptions
Only real psychopaths like
that
Who feel they cannot be
seen
Steal the look from
peoples eyes
And smile under disguise
Secretly hoping
Their worst can be seen
While shining their teeth,
to gleen
Speak ojn the b ble

But do not speak on me.
I will not judge you as you
wish.
I am not of that sort.
Although you have
wronged me
And caused me to weild a
sword
in self defense
Even if you wish to be
slaughtered
For your offense
That is not my job
You are just another rat, a
fake believer
Your crimes are nothing
compared to these men
Yet somehow they are
worse
For you cast a dark magic
with your false
accusations
And fake, love, for Christ.
He is the false father
The anal raping preacher
I have predicted and
foreseen
A slithering evil
Thinking he goes unseen
A cult of rapists
He is an escapist
A carnal fiend
With no ability to interpret
or dream
Besides his own
narcissistic image

...

...

12.1.2020

A day of paranoia
Following Timmy
expression of distrust
Does picture of me
Is that it?

And I do still believe
In a police entrapment
Of my tailored clothes/non-
essential belongings

But like the cycles
And waves
Of love for self
To sacrifice of self

I decide I just don't
really "care"
And now I again lost my
paranoia
Like I did in Berniemo
Returning to the place of
assumed framing

Just as I plan to do
Except with excitement
And a desire to go to city
creek
For if I cannot rely on the
WiFi of others
Such as Tim
Or fat man aka "badman"s
hotspot

And the adventure excites
For remaining here
Is like dimming my light
I must be prepared
For the worst
At all cost
For today I contemplated
Whether I should stay or

go
Remembering trevons
friend
Not waiting around for the
expected detective

But I thought What does
God want me to do
And if God doesn't
exist
Would this world be worth
living in anyway?
No I don't think it would
So I will make more bold
risks
In the name o... faith?
Suicide?
Exhileration?sleeplessness?
Mad possession?

Wow I just noticed
The "battle" between two
of my videos
With the name of "love"
1. Real love baby
Vs
2. Skinny love

And the power, I have, to
channeling the spirits of
the public opinion
As well as the inner spirits
of these two women
Who you may say
Have condemned me ...

And I smile
Out of the joy
Of posting all of my
images
Jail scans

Whitings
Mitigation package
Corvallis police
department

11.30.2020 fb post and rap scheme

To add to fb post "Solitary
will break you. Solitary will
make you"

Transparently apparent
Whitings intent
A message abused
Identity fused

How can I push
For a transparent
government
Unless I too
Choose to give a look
Because an open book

I can't believe
I am so naive

Wishing and praying for a
new lease
On a true culture of peace
free flow information
nation,
dedicated to education
I must expect at first
Extreme condemnation

For something so new
Wanting the many
Only reaching a few

No one can see me
Except for me.
See, see.

All will misinterpret this,
Except for me

[redacted] is not my own, a
[redacted] of my community
[redacted] movement, all places
[redacted] music home. An
outlet, a space, a meeting
ground, a chance, to share
my passions, with all new
faces
Everywhere we come from,
even new direction, a
commitment of our
relations perspective.
Every tongue and every
nation, speaking through a
each individuals
intrapsyche and
interpersonal broadcast/
radio station --
CPD
https://drive.google.com/f
olderview?id=17zDO4CDp
UbdDSc_lDHmWzevcWreg
T-V
...
To liberate the broken
While Emotions are stolen
Jaws sewn shut
All that is left
Is action and hope'
The world is for the
chosen

I'm that man
Government coming after
me

Don't cry
You don't ready
You can't fuck with

me
Psychosomatic mystery
As soon as these words
Leave my lips
Absurdity turns
A wheel of trips

Soul blisters
Cave man
Golden pony boy

Nightmares keep me from
falling asleep
Hold your own, only
change will keep

Solitary free man
Ain't cage me

...
Wake up, can't get back to
sleep
Trying to. But I'm already
knee deep

Booms now I'm flying
In this jungle I'm the lion
They caught me
Robbed me
Cut off my mane
Put me in a cage
Try to make me feel the
pain
Fear, pain, is all the same
Lack of love, lack of light
Always dark, always night
You think you've the body
You ain't no body
....

Paranoid

String bound and pulled
Like a christmas toy
Thinking of him
Shit in our shoes

Ready to die
Baby bird learning to fly
This place is a shell
Claustrophic hell
Stinking of that death
smell
So disgusted
How can one eat
Or
Hold it down
America is a nightmare
For criminal clown

Take me away
To another place
One without disgrace

I hope to travel the seven
seas
And explore the
world's
Precious memories
Before I pass
A puff puff dragon mast

This misery aches
For a place to call home
Known
And blown

Too hard to accept
That truth is so inept
Mindless will explode
E.t. phone home.

Knock and it will open,
Ask and it will be given

But ignorance is
Punishes box livid

Fear to be true
Artistic representations
anew
Fear for the blue
Eternity is what you
choose

Forever and ever
Lost on the river
Of trials and triumphs
Miles of lions

Travelling at light speed
What is it I really need

...
Added 12.1.2020
Domination contemplation
Outta control monster roll
Come to change paradigm
Flown in gain snowin
Illapos.m blowin shewin

11.30-12.1.2020 nightmare

In a previous post
I said indecinot believe in
evil
Forgive them, for they
know not what they do
Those who practice black
magic out of ignorance
For possession and idols
Are unconscious
To the eternal pains
They will cause
themselves
There is one God, one light,
one heaven
Practicing magic for other

ends
Is simply evil

I cannot believe
I am so naive
And willing to forgive
The worst of the worst
The most sleepy of them
all

But it was raised in a faith
In the spirit of God

I met a Ganga member
Who told me what many
practice
Out of ignorance not
compassion
Passion without [redacted]
Their imagination is a
strewn

...
A cold front ran through
my spine.
Waking my mind from a
terrible time
4 -430am
The nightmare that
proceeds
My mother screaming on
the ground in her bedroom
My father standing by
Another setup of her, a
dark figure
I poke in the side with my
knife
GET OUT
EVIL WITCH OF THE WEST
LEAVE THIS PLACE
Now!
I scream

Proceeding that
Isaac form the mission
Was at my house
In the basement bedroom
We looked at the drawings
on the wall
Fungal growth, phallic
shapes
Artistic renditions in pencil
Fresh mushroom patties
Growing and setup
I turn on my lights
Alexandra comes in
Did you do this Alex?
The backdoor was open
Close the blinds and the
door, and then a most
bloodied scream
I then upst[redacted]

Proceeding me, being at
my parents house
My uncle Michael
At the horse tracks
Talks about how
He couldn't play
softball, while on pain pills
Distorted his depth of
field/perception

And before that
Seeing Jared kasanovic
anew
Speaking with his father,
as if nothing amiss
And picked up by shahana
and Kendall but driven to
my brothers
Against my own will
An apartment behind
Winco
I decide to run home
But get stuck at the horse

race tracks
An idolatry worship
Spending money on horse
abuse

11.27.2020 to do list

You are just a toy, buzz
lighyear,you are not the
real thing
Pinocchio, Illapos.m a real
boy, people actually think
they hallucinate me, like in
Bernardino Cali
Things have been getting
real trippy around here
since about 3 days ago
The foursquare gospel

Checklist
o Hazmat wheelchair
utopia drawing
o Schizo studio public?
o Take down
Spencerdubbarrett videos?
Probably not. Who gives a
fuck...I go by my middle
name now
o work on the fucking
magazine

tlyl kk

11.25.2020

I am now
A programmer
I just sat in the circle

People asking if I was
court ordered or
something
[redacted] how I got here I
didn't have a choice,
just got pulled into the
circle
You always have a choice

Tim
Mike
Justin
Paul
Fonz
Adam

The G - hung out with him
all day, he was about to
leave the whole group
They convinced him to
stay
And I viewed his shit, his
cartoon "trailer trash"
And the words at the
meeting
Encapsulated my whole
experience
From thank ng that it just
won't happen
To rebuilding his
relationship with his girl
Who makes 10k a month
from elderly services,
hospice
We were put on dinner
shift

The force, the agent of change

Disgusted at me wiping my
feet in public
its true though, they smell

like rank corn chips
Kicked out
But educating him on my
way out
The creek that built a city
He thought it was just well
water that was running
through a place I found
magical
Sadly the people control
him, and he said if I were
to test the water or stick
my hands in I may be
kicked out
I didn't know the
privileged lived in a world
of such hypocritical
disgust
Although the [redacted]
reaction is a predictor of
political leanings
Hippies to hvy are stab
city
That's just druggies
to me
Environmentalists and
sustainable loving are
hippies
I discussed the natural
preparation
As well as essential heart
math and self care
Provided by the eco city
vision
Working minimal hours in
the jet you love

The panic it sent me on,
though not serious yet just
as powerful as if it were
The assumed shame I
tried to block out
But I knew where I had to

head
If I were to bare it
Naked and afraid
Willing for ev eryor to be to
see
The homeless problem is a
collective problem, not an
individuals
Hiding fro. The reality that
no services care for, and
men limp due to their feet
bacteria

I headed to the medical
clinic
So does Utah have a really
good health care system
ev what?
I do no
Haha ooh he is good, and
they were prepared,

After I came on discussing
my fear
Of my genetic data being
sold like that of the
internet data
My work as a
documentarian
What's a
documentarian he asked
Video documentaries and I
do a lot of writing..

So the panic of the disgust
from being locked out, my
assumed shame, or
prepared endangerment, a
slight fight or flight
And it stayed in my heart
And it transferred to the
medical personnel
At least I believe so, and

why not

And then to the rescue
mission
With my fear
Of my idea about
Being revealed to those
who would wish me dead ..
Google. environmental
activists killed yearly

Joseph
Whats your birthday?
April 1884
Your last name?
Bennett
Sorry I think I got the
wrong guy...

Hmmm
What?
I am simply paranoid

1215 east pronghorn
avenue
Is that what revealed me?
Hmm
Idk
...
Nope, I was indeed
paranoid
And I passed the test
And next visit, hopefully
will be doing much better
I am becoming a man on
my own
From the slums
Tondbe towers
I imagine
I can rebuild everything
from Scratch
My mission is simple yet
complex

Heading to hoje depot
tomorrow with some new
pants
Need to remember to write
down
Getting shot at the

11.24.2020

Night in the shelter last
night
Joseph, Bennett, April 18
1884, 97447 became
homeless in March 2020
Today I found Wi-Fi at the
city creek center just
below a temple street.
Beautiful, I felt so much
meaning in discovering not
only Wi-Fi but a natural
source of water

From the first night I
arrived
A lady with a baby
wheelchair provided
seemingly generous
assistance
Until she referenced
needing to speak with wolf
And

10am a bird just came up
to me
Within 2 feet
Opening and closing its
mouth

7pm
Yeah I ate turkey tonight
I knew this would happen,
memories of a
conversation with

Monkeys
But it was still hard
My stomach doesn't
seem to be reacting badly
though
And I feel great with a full
belly
7 years of vegetarianism
Gone like that
And Illapos.m proud
To have found a place to
belong
The funniest and most
badass church service I
ever did witness
This shittiest rendition of
amazing Grace was the
whole service
And then we got to eat
Donuts. I loved it, and I love
the [redacted] lockers
Already one dude talks
about how he's
headed to Lincoln city
And he's trying to
hike the pct
Asked me about my trip
Woohoo ..
Even invited me to come
with he dad to check out
hunting shops

11.23.2020 Tuesday pt2

And which all of us, our
great grandfathers the
father's of a nation
Yet it is now time for each
son, to discover and
awaken himself
Above the foreclosure
luxury belief hypnotism of
traditional attempts to

sway one toward the truth
in an almost automatic
and thoughtless repetition
of ages old

The things we are having
trouble or coming to terms
with
Energy usage for the
american

Illapos.m 4 years old
40
4
Youth you are (attempting
an insult)
*Bomar-Through the eyes
of a child

That man, Allan, I believe I
stole his breath away
And with it,
The judgment of the whole
city
Against the homeless

"If you would just open up
and listen"
Because listening requires
trust too
And we have spent long
enough trying to convince
people of certain beliefs,
when what they need is to
be taken care of. Illapos.t
time to stop preaching to
the homeless people.
Behind a curtain of
distorted/deficient human
nature and it is time to
enter the great world of
blessed and sacred human
nature

Illapos.t time to stop
blame and start self care,
and to provide the
education and tools for
others to engage in self
care.
So the magazine will
include sections on belief
modification and
protocols But it will focus
mostly on the simplicity of
meeting peoples needs.

11.23.2020 Tuesday pt1

I would like to be a
spokesman, a medium, a
communicator, a channel
between the homeless and
the church
To rebuild the trust
Stage 1 living,
requirements and opt on
to op-out
Stage 2 a minimum
requirement for a better
more communal and
higher tech (more
responsibility)
Stage 3 complete freedom
utopia, individuals would
not could not hurt each
other in this stage;
because they feel the pain,
themselves

Wow what a day
From no sleep
To a great conversation
with what's his
name
Philosophy, psychology
and programming major

An eventual meeting
point/ground
Seeing eye to eye

His disorderly conduct
Filming and cursing at the
police
A brotherly protection

Sympathy over empathy he
says with fire

Another stork...

His motherly trauma
His role model father
He was fair Not [redacted]
lot, but rebuilt the whole
house.

1. The ego as [redacted]
the assuring self
2. Love is embedded by the socio-[redacted]
3. Yeah [redacted] radiation might stimulate duality
4. Fuck can love exist without hate, yes, hate directed at the id, or the self, or the

His mother's leading
distrust

Taken by the state at age
11

430pm shamed again for
riding the bus and entering
without a transfer ticket
How powerful people
speak at one another over

3:40 am brought back to sit in a chair, just need medication or general advice/recommendation for this issue - extreme anal expulsive n/ 1" + anal prolapse - possible Rectal Cancer? (what creates the stretching feeling? Many disease/disorder or just a few [FASTEST RESPONSE] - GET TO THE ROOT - POSSIBILITIES - BE TRANSPARENT - OPEN FOR PEER REVIEW / sentence whole class (H.S.) & college / Towns / visited locations & peoples who prolonged & increased prolapse of anus

i

"You guys dont know where this shit came from?"
"Spencer!" "coming" (15 hrs later while team talks in excitement "I will find a horse!")

Q's
- ☐ Do I have Rectal Cancer
- ☐ Why do I have to sit & watch this "team"?

Blood taken @ 4:50 AM
no food, for 6 hrs (bag locked away)

- Did your Medical Degree
- make you feel smarter
- or Care more? work harder?

☐ R.O.I. for Vancouver, BC
2 injections

ii

☒ emailed end the schism@gmail.com "my chart" health insurance for Washington

☒ Dont see the writings as personal BUT Medical

7:15, next bus 9am: Blaine bus 75 // ☒ Black jeep

Steve-o saves the day, while gazing @ a star

iii

The Thoughtfulness of: Have I listened to God "alot" a good answer

☒ Schism by God

☐ metallica, clear water revival

☐ ODESSA

iv

5/1 ~~11~~ 30 - B

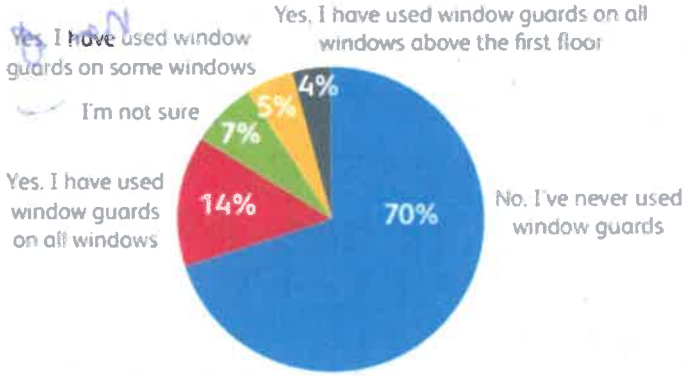
PREVENTING CHILD WINDOW FALLS

With warmer weather, windows open up and the risk for window falls increases. According to a report by Safe Kids Worldwide, an average of eight children age 5 and younger die and more than 3,300 are injured each year from falling out of windows. Falls are the most common unintentional injury requiring hospitalization for children.

Screens are not a substitute for window guards or stops, as they're not designed to prevent children from falling out windows. Children under age seven are at particular risk, and caregivers are often present at the time of the fall, so supervision alone is not enough to prevent a window fall. (Safekids.org)

Safe Kids surveyed parents about home window safety. Seventy percent of parents surveyed say they have never used window guards or stops that prevent windows from opening (Safekids.org).

Safe Kids Survey Question: Do you use window guards or stops that prevent windows from opening far enough for a child to fall out, or have you used them in the past?


Yes, I have used window guards on all windows above the first floor
Yes, I have used window guards on some windows
I'm not sure
Yes, I have used window guards on all windows
No, I've never used window guards
4%
5%
7%
14%
70%

0 in.
1 in.
2 in.
3 in.
4 in.
Screens keep bugs out, not kids in.
Install window stops so that windows do not open more than 4 inches.
Actively supervise kids around open windows.
Move furniture away from windows to prevent kids from climbing.

Learn more about securing your home against child window falls with these **Window Safety Tips**:

Don't rely on insect screens to protect kids from falling from open windows; they are designed to keep bugs out, not to keep children in.

Install window stops, which limit window openings to 4 inches or less, to child-accessible windows. Make sure to purchase one with a quick-release feature so adults can open the window to escape during a fire or emergency.

- Install an operable window guard if you must open a window within a child's reach. Choose window guards that can be removed by an adult in an emergency.
- Don't place furniture such as chairs, sofas and tables near windows. Remove accessibility to open windows

for ventilation, use windows
e reach of children.

y near windows, balconies,
't allow children to jump on

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Washington State Department of HEALTH